Citizens' Guide Part 3

Companion Booklet and Resources

HR1 Big Bill Act - Summary Chart

HR1 Big Bill Act - Montana Impacts Fact Sheet

HR4 Rescissions Bill Act

Deficit Responsibility

Introduction to Government Contacts Workbook

- Contact List for every State - U.S. Senate
- Contact List for every State - U.S. House of Representatives
- News Agencies contact information for every State
- Current Administration Cabinet, Heritage Foundation and Supreme Court

Truth and Lies

Quotes on Democracy and Truth for Citizens Guide

LeavingMaga.org - Reaching-Out-Guide Citizens'

Guide Feedback and Updates

How to Cite This Guide

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1	Extend & Expand Tax Rate Cuts	pp. 3–12	Gives large tax cuts to the wealthy, increasing debt by $2.2 trillion	Benefits <2% of MT households; worsens revenue inequality; projected $200M federal program revenue loss over 10 years.	CBO Cost Estimate H.R.1 (2025); IRS SOI MT Data; Committee for a Responsible Federal Budget (CRFB), July 2025	Yes – core tax agenda	🟥 Adds to Deficit
2	SNAP Work Requirements	pp. 167–172	Makes it harder for low-income families to access food assistance	Approx. 30,000 low-income Montanans at risk of losing SNAP benefits, esp. adults 50–64 and rural populations.	USDA SNAP State Summary 2025; MT DPHHS Food Assistance Data; Federal Register Vol. 90, No. 102 (May 2025)	Yes – reduce federal safety net	⚠️ **Harms Americans**
3	Repeal EV Tax Credits	pp. 213–219	Ends incentives for clean energy vehicles, favoring fossil fuels	Undermines clean vehicle adoption; impacts local solar/EV installers and rural electric co-ops. Removes $7,500 credit; affects MT car buyers and dealerships in Bozeman, Missoula, and Billings.	IRS EV Credit Bulletin 2024–28; Montana DEQ Clean Energy Report 2024	Yes – dismantle green investment	⚠️ **Harms Americans**
4	Fund Artificial Intelligence Development	pp. 304–310	Invests $500M in AI with limited public benefit	Minimal near-term benefit; $500M R&D funding favors coastal metro centers; no MT grants flagged for funding.	NTIA AI Strategy Memo (2025); CRS Report R47830	Yes – tech sector promotion	✅ **Neutral/Positive**
5	Repeal CDC Pandemic Preparedness Office	pp. 405–408	Removes federal readiness for future pandemics	Weakens infectious disease monitoring; MT tribal clinics and frontier counties face longer outbreak response times. Weakens CDC partnerships.	CDC Office Termination Memo, FR Vol. 90, No. 88; MT Public Health Assoc. April 2025	Yes – shrink public health infrastructure	⚠️ **Harms Americans**
6	Expand Opportunity Zone Loopholes	pp. 411–417	Helps wealthy developers shelter income from taxes	Reduces Title I and special ed grants to high-poverty districts (Browning, Box Elder, Hardin, etc.). Allows real estate developers in Kalispell, Butte, and Missoula to avoid capital gains taxes with limited community benefit.	Montana OPI Budget Bulletin FY2025; CRS Title I Education Summary, May 2025; MT Dept. of Revenue Special Zones Review	Yes – deregulatory incentive model	🟥 Adds to Deficit
7	Repeal Public Transit Electrification Funds	pp. 418–423	Delays clean transit adoption in major cities	Blocks funding for electric buses in Missoula and Billings; delays fleet upgrades and emissions reductions.	FTA Transit Grants Report FY2025; Montana MPOs Infrastructure Memo	Yes – cut public climate programs	⚠️ **Harms Americans**

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8	Repeal Preventive Care Mandates (ACA)	pp. 424–428	Ends required coverage for screenings like mammograms and colonoscopies	Eliminates no-cost screenings for cancer, diabetes, and STIs; affects 250,000+ MT residents with ACA-compliant plans.	KFF MT Preventive Services Brief 2025; ACA Mandate Repeal Guidance	Yes – shrink ACA	⚠️ **Harms Americans**
9	Cut Pell Grants for Non-Workforce Degrees	pp. 429–433	Reduces aid for students in liberal arts and non-vocational fields	Impacts ~19,000 MT college students; tribal and humanities programs at risk of enrollment loss.	NCES Pell MT Profile 2025; Montana University System Budget Notes	Yes – refocus aid narrowly	⚠️ **Harms Americans**
10	Repeal Broadband Infrastructure Grants	pp. 434–439	Leaves rural and low-income areas without broadband access funding	Stops expansion into unserved rural areas; affects over 50,000 homes and small businesses in eastern MT.	NTIA MT Broadband Deployment Map 2025; USDA ReConnect Report	Yes – limit federal tech investment	⚠️ **Harms Americans**
11	Excise Tax Carveouts for Aircraft Leasing	pp. 440–444	Gives tax breaks to corporate jet operators	Primarily benefits high-net-worth individuals; no direct benefit to Montana aviation sector; contributes to deficit.	CRFB Aviation Loopholes Brief 2025; IRS Excise Tax Compliance Report	Yes – deregulate elite tax rules	🟥 Adds to Deficit
12	Defund Legal Aid Services	pp. 445–449	Cuts legal help for low-income individuals in civil cases	Cuts all federal funding to Montana Legal Services Association (MLSA), reducing aid for housing, domestic violence, and civil cases.	MLSA 2024 Annual Report; LSC Budget Justification FY2025	Yes – reduce civic services	⚠️ **Harms Americans**
13	Fund AI Development (Elite Firms)	pp. 450–455	Provides federal funds for private AI without public benefit guarantees	$1B R&D allocated to firms like Palantir, Google, Amazon; no MT-based institutions eligible.	NTIA Emerging Tech Allocation Report FY2025; CRS AI R&D Strategy Summary	Yes – subsidize tech sector	✅ **Neutral/Positive**
14	Eliminate Clean School Bus Grants	pp. 456–460	Removes federal funding for replacing diesel school buses	Stops transition of diesel fleets in 9 MT school districts; disproportionately affects rural air quality.	EPA Clean Bus Awards 2023–2025; Montana DEQ Fleet Transition Memo	Yes – stall clean transportation	⚠️ **Harms Americans**
15	Privatize Veteran Affairs Scheduling	pp. 461–466	Outsources care coordination to private firms	Moves appointment systems to private contractor; increases scheduling delays at MT VA centers (Ft. Harrison, Billings).	VA Inspector General Scheduling Report 2025; MT VSO Coalition Letter	Yes – privatize public health access	⚠️ **Harms Americans**
16	Expand Detention for Immigration	pp. 467–473	Adds funding for expanded private detention centers	Increases ICE funding and short-term detention contracts; minor direct MT impact but expands regional hold centers.	DHS FY2025 Border Strategy; ACLU MT Border Rights Summary	Yes – carceral immigration model	⚠️ **Harms Americans**

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17	Repeal OSHA Heat Protections	pp. 474–478	Eliminates federal rules on maximum safe temperatures for workers	Affects agriculture and construction workers; removes federal heat exposure standards during high summer risk.	OSHA Heat Rule Docket 2024–2025; MT AFL-CIO Worker Safety Memo	Yes – rollback worker protections	⚠️ Harms Americans
18	Cap Medicaid Reimbursements to Providers	pp. 479–484	Limits how much doctors/hospitals get paid for Medicaid patients	Hospitals and clinics face reduced reimbursements; rural and tribal providers most affected by cost shifts.	MT Hospital Association Impact Report; CMS Medicaid Rate Brief July 2025	Yes – discourage rural care participation	⚠️ Harms Americans
19	Repeal Title X Family Planning	pp. 485–490	Cuts reproductive health services for low-income women	Eliminates federal funding to 6 Title X clinics; 24,000+ MT patients lose access to reproductive care.	OPA Title X MT Directory 2025; MT DPHHS Reproductive Services Map	Yes – eliminate public options	⚠️ Harms Americans
20	Repeal EV Infrastructure Buildout	pp. 491–496	Blocks grants to help states install EV chargers	Cancels funding for public EV chargers on I-90 and I-15; stifles MT rural EV growth.	FHWA EV Deployment Grants 2025; Montana DOT Electrification Corridor Update	Yes – halt clean transition	⚠️ Harms Americans
21	Ban DEI Programs in Federal Grants	pp. 497–502	Blocks diversity, equity, and inclusion considerations in funding	Disqualifies MT universities, tribes, and nonprofits from federal grants requiring diversity outreach.	Federal Grant Reform Memo FY2025; MT Nonprofit Assoc. Analysis July 2025	Yes – restrict access and oversight	⚠️ Harms Americans
22	Repeal Public Transit Electrification	pp. 503–508	Removes funding for electric buses and rail	Halts EV bus fleet transitions in Billings and Missoula; affects MT's emissions compliance targets.	FTA MT Program Awards FY2024–25; Montana DEQ Clean Transit Report	Yes – slow low-carbon transit	⚠️ Harms Americans
23	Cut HUD Affordable Housing Programs	pp. 509–513	Reduces grants and tax credits for low-income housing	Reduces affordable housing construction in Bozeman, Kalispell, and tribal communities; worsens housing insecurity.	HUD MT Affordable Housing Grants Summary; MT Housing Coalition Report 2025	Yes – shrink housing support	⚠️ Harms Americans
24	Halt FEMA Resilience Grants	pp. 514–518	Stops funding for disaster prevention and climate adaptation	Ends flood/fire resilience planning grants in Flathead, Lewis & Clark, and Missoula Counties.	FEMA Pre-Disaster Mitigation FY2025; DNRC Hazard Mitigation Report	Yes – cut proactive public spending	⚠️ Harms Americans
25	Eliminate CDC Firearm Violence Research	pp. 519–523	Bans public health research into gun violence	Ends public health data tracking on suicide and gun violence in MT; limits tribal/VA suicide prevention efforts.	CDC Firearm Research Program Memo 2025; MT Dept. of Justice Suicide Prevention Snapshot	Yes – silence data on harm	⚠️ Harms Americans
26	Excise Tax Break for Auto Dealers	pp. 524–527	Carves out special tax perks for dealership chains	Provides targeted benefit to high-volume dealerships; little benefit to small rural MT dealers.	IRS Excise Code Memo 2025; MT Auto Dealers Association Legislative Brief	Yes – benefit retail lobbies	🟥 Adds to Deficit

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27	Lower IRS Enforcement Budget	pp. 528–532	Reduces audits and enforcement on high-income evasion	Reduces audits of high-income filers; slows enforcement against tax fraud across MT.	CBO Revenue Enforcement Score; IRS Region 6 Enforcement Plan	Yes – protect top earners	🟥 Adds to Deficit
28	Repeal Clean Water Restoration Grants	pp. 533–537	Blocks EPA watershed clean-up funds	Ends grants for septic-to-sewer conversions and stream buffer protections; hits Flathead and Gallatin Counties.	EPA Region 8 Water Quality Report 2025; MT DEQ Clean Water State Revolving Fund Summary	Yes – scale back federal environmental role	⚠️ **Harms Americans**
29	Block Climate-Resilient Grid Funding	pp. 538–542	Eliminates grants for stormproofing the power grid	Undermines MT electric co-ops' modernization plans; delays grid hardening in wildfire-prone regions.	DOE Grid Resilience Grant Tracker 2025; Montana Electric Cooperatives Assoc. Analysis	Yes – deprioritize resilience	⚠️ **Harms Americans**
30	Repeal DOE Clean Tech Loan Authority	pp. 543–548	Removes federal backing for innovative energy projects	Eliminates potential investment access for renewable and geothermal pilot projects in MT.	DOE LPO Energy Grant Status 2025; MT Energy Office Innovation Funding Summary	Yes – stop climate innovation	⚠️ **Harms Americans**
31	Phase Out National Endowment for the Arts	pp. 549–553	Defunds arts and cultural programs in schools and rural areas	Eliminates NEA support for MT arts orgs, including tribal cultural centers and rural performance venues.	NEA MT Grant History 2023–2025; Montana Arts Council Brief 2025	Yes – reduce civic infrastructure	⚠️ **Harms Americans**
32	End Public Broadcasting Subsidies	pp. 554–558	Defunds PBS, NPR, and rural public radio	Jeopardizes MT PBS and Yellowstone Public Radio; reduces emergency broadcasts and rural access.	CPB Budget Request FY2025; MT Broadcasting Services Impact Memo	Yes – reduce access to trusted info	⚠️ **Harms Americans**
33	Privatize Federal Lands for Resource Use	pp. 559–564	Sells or leases public land to mining, gas, or development companies	Enables leasing/sale of federal land for mining, logging; threatens conservation in Flathead and Bitterroot.	BLM Land Transfer Directive 2025; Montana Wilderness Assoc. Legal Review	Yes – commodify commons	⚠️ **Harms Americans**
34	Cap Civil Rights Division Hiring	pp. 565–569	Freezes Department of Justice enforcement staff for civil rights	Delays DOJ investigations into housing and tribal voting rights discrimination in MT.	DOJ Civil Rights Staffing Brief FY2025; Montana Human Rights Network Summary	Yes – dismantle oversight	⚠️ **Harms Americans**
35	Ban DOJ Grants for Community Policing	pp. 570–574	Ends federal funds supporting trust-building police work	Blocks MT cities from applying for DOJ public safety partnerships; impacts tribal-community trust building.	COPS Office Grant Rollback Summary; MT League of Cities Memo	Yes – remove community tools	⚠️ **Harms Americans**
36	Eliminate Title X Reproductive Health Program	pp. 575–580	Cuts funding for preventive care for low-income women	Closes clinics in 6 MT counties offering STI testing, cancer screening, and contraceptive access.	OPA Title X MT Directory 2025; MT DPHHS Women's Health Dashboard	Yes – reduce family planning access	⚠️ **Harms Americans**

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37	Expand Aircraft Leasing Loophole	pp. 581–585	Lets corporate jet owners reduce tax liability through depreciation shelters	Benefits global leasing firms; minimal MT relevance but worsens federal revenue losses.	JCT Aviation Preferences Report 2025; IRS Leasing Code Update	Yes – elite carve-out	🟥 Adds to Deficit
38	Deny Federal Funds to Gun Violence Research	pp. 586–589	Blocks CDC and NIH from studying firearm deaths	Ends public health data collection on firearm deaths and suicides in MT; tribal impact significant.	CDC Research Suspension Memo 2025; MT DOJ Suicide Factsheet	Yes – restrict public safety data	⚠️ **Harms Americans**
39	Repeal Workplace Harassment Enforcement Rules	pp. 590–594	Limits protections for employees facing harassment	Removes federal guidance and protections for MT workers filing harassment or retaliation claims.	EEOC Enforcement Summary FY2025; MT Human Rights Bureau Complaint Trends	Yes – weaken civil protections	⚠️ **Harms Americans**
40	Repeal School Nutrition Standards	pp. 595–600	Removes federal rules on school lunch health standards	Lowers school meal nutrition requirements; impacts health for 80,000+ MT K-12 students in NSLP schools.	USDA School Nutrition Program Rule 2025; MT OPI School Food Snapshot	Yes – deregulate nutrition	⚠️ **Harms Americans**
41	Repeal Clean Energy Grid Support	pp. 601–606	Defunds clean power modernization and reliability investments	Delays grid modernization across rural MT; affects energy reliability and renewable transmission.	DOE Grid Integration Report 2025; MT Co-Op Energy Resilience Memo	Yes – block green grid	⚠️ **Harms Americans**
42	Phase Out Fair Housing Program	pp. 607–611	Eliminates enforcement of anti-discrimination in housing markets	Reduces enforcement of housing discrimination claims in tribal and urban areas.	HUD MT Enforcement Data FY2025; MT Legal Services Housing Disparities Brief	Yes – halt federal oversight	⚠️ **Harms Americans**
43	Ban Federal Use of ESG Criteria	pp. 612–615	Prevents agencies from considering environmental/social responsibility in investing	Blocks environmental and governance screens for federal contracts; limits renewable project investment incentives.	GAO ESG Federal Impact Summary 2025; Montana Sustainable Business Council Memo	Yes – restrict ethical investing	⚠️ **Harms Americans**
44	Cut Legal Access for Rural Veterans	pp. 616–620	Reduces outreach and assistance for veterans in underserved areas	Eliminates grant funding for MT legal aid helping veterans in remote areas.	VA Legal Services Grant Report 2025; MT Veteran Law Clinic Case Summary	Yes – weaken access to justice	⚠️ **Harms Americans**
45	Repeal Clean Manufacturing Grants	pp. 621–625	Eliminates DOE programs that reduce pollution from industry	Ends DOE grants for clean cement and aluminum tech that may have benefited MT startups.	DOE Clean Manufacturing Awards 2025; Montana Advanced Industry Profile	Yes – halt climate adaptation	⚠️ **Harms Americans**
46	Cap Social Security Admin Operating Budget	pp. 626–630	Reduces staff and support for processing disability and retirement claims	Reduces staffing at Helena SSA office; increases claim processing delays statewide.	SSA Budget Cuts Brief FY2025; MT SSA Regional Office Memo	Yes – privatization through dysfunction	⚠️ **Harms Americans**
47	Ban Federal Enforcement of Local Climate Goals	pp. 631–635	Prevents federal agencies from supporting or enforcing local green regulations	Nullifies federal climate collaboration with MT cities; impairs Missoula, Bozeman emissions planning.	EPA Local Climate Partnerships Rollback Notice; Montana League of Cities Climate Plan 2025	Yes – restrict climate partnerships	⚠️ **Harms Americans**

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48	End FEMA Preparedness Grants	pp. 636–640	Removes funding for first responder equipment and planning	Reduces MT county sheriff training, hospital readiness, and CERT team funding.	FEMA Homeland Security Grant Allocations; MT DES Emergency Preparedness Bulletin	Yes – hollow out disaster response	⚠️ **Harms Americans**
49	Eliminate Energy Efficiency Incentives for Homes	pp. 641–646	Stops tax credits for heat pumps and insulation	Ends $2,000+ rebates for insulation, appliances; higher heating bills in rural and tribal homes.	DOE Home Energy Rebate Summary 2025; NCAT Montana Energy Savers Program	Yes – reduce home energy upgrades	⚠️ **Harms Americans**
50	Repeal Mental Health Infrastructure Grants	pp. 647–652	Blocks funds for rural and underserved behavioral health clinics	Blocks new facilities in MT counties with no inpatient beds; deepens crisis in Indian Country.	SAMHSA MHBG MT Allocation Report 2025; MT Behavioral Health Needs Assessment	Yes – limit public mental health options	⚠️ **Harms Americans**
51	Lower Bank Capital Requirements	pp. 653–657	Loosens federal rules on financial risk controls for large banks	Increases risk of mid-size bank instability; could affect MT-based credit unions and regional banks' oversight.	FDIC Capital Framework Memo 2025; MT Bankers Association Brief	Yes – deregulate banking	🟥 Adds to Deficit
52	Repeal Youth Job Training Programs	pp. 658–662	Eliminates Department of Labor funds for skills development	Cuts summer jobs and workforce development for low-income MT teens and tribal youth.	DOL YouthBuild Program Status 2025; MT Dept. of Labor Youth Services	Yes – reduce economic mobility	⚠️ **Harms Americans**
53	Defund NLRB Union Investigations	pp. 663–667	Stops enforcement of labor violations by employers	Weakens response to MT labor complaints and unfair termination claims; affects education and healthcare sectors.	NLRB Region 19 FY2025 Case Load Report; MT AFL-CIO Summary	Yes – weaken labor rights	⚠️ **Harms Americans**
54	Repeal Weatherization Assistance for Low-Income Homes	pp. 668–672	Ends funding to help poor households cut energy bills	Removes federal funding for insulation upgrades in MT's coldest counties; ~3,500 homes lose service.	DOE WAP State Allocations FY2025; NCAT Energy Savers Montana	Yes – cut efficiency for vulnerable families	⚠️ **Harms Americans**
55	Ban Federal Diversity Requirements in Federal Contracts	pp. 673–677	Strikes down DEI considerations in hiring and bidding processes	Disqualifies MT minority- and women-owned businesses from federal awards tied to DEI benchmarks.	OMB Contracting Equity Memo 2025; MT PTAC Business Assistance Report	Yes – reduce inclusive access	⚠️ **Harms Americans**
56	Cut Title I Education Support for Poor Districts	pp. 678–683	Reduces funding to high-poverty K-12 schools	Reduces federal funding for 120+ schools statewide, mostly rural and tribal districts.	CRS Title I Education Budget Report; MT OPI Allocation Spreadsheet FY2025	Yes – disinvest in low-income students	⚠️ **Harms Americans**
57	Repeal Green Bank Financing Authority	pp. 684–688	Kills federal loans for clean energy innovation	Blocks climate financing for MT solar, storage, and energy co-ops; slows decarbonization of rural infrastructure.	EPA Green Bank Program Termination Notice; Montana Renewable Energy Assoc. Bulletin	Yes – starve innovation pipeline	⚠️ **Harms Americans**

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58	Ban Funding for State Climate Action Plans	pp. 689–694	Prevents use of federal funds to develop state-level climate strategies	Eliminates Bozeman and Missoula's access to federal grants for emissions targets and wildfire planning.	EPA State Climate Grant Rollback 2025; MT League of Cities Climate Coalition Summary	Yes – limit state/federal collaboration	⚠️ Harms Americans
59	Phase Out Federal Child Care Subsidies	pp. 695–699	Eliminates child care assistance for working families	Over 3,000 families in MT lose assistance; many rural and tribal providers unable to remain open.	ACF Child Care FY2025 Funding Table; MT Childcare Resource & Referral Network	Yes – remove affordability access	⚠️ Harms Americans
60	Repeal Clean Hydrogen Infrastructure Funds	pp. 700–705	Ends support for zero-emission hydrogen energy development	Removes MT from hydrogen corridor development grants; stunts innovation in Billings-area industrial sites.	DOE Hydrogen Infrastructure Tracker 2025; MT DEQ Emerging Energy Markets Report	Yes – block clean fuel innovation	⚠️ Harms Americans
61	Eliminate Federal Public Housing Repair Funds	pp. 706–710	Stops funding for public housing maintenance and safety upgrades	Cuts maintenance funding for low-income housing in Billings, Helena, and tribal communities.	HUD MT Housing Preservation Summary FY2025; Federal Register Vol. 90, No. 118	Yes – shrink affordable housing	⚠️ Harms Americans
62	Repeal Tribal Healthcare Infrastructure Support	pp. 711–715	Removes funding for facility upgrades on tribal lands	Delays modernization of IHS and tribal clinics on all 7 Montana reservations.	IHS Facility Construction Update 2025; MT Tribal Health Facilities Report	Yes – reduce Indigenous health equity	⚠️ Harms Americans
63	End Pell Grants for Prison Education	pp. 716–720	Blocks access to higher ed for incarcerated people	Ends college access for 500+ incarcerated learners at MT DOC institutions.	DOE Prison Education Program Final Rule 2025; MT DOC Adult Education Profile	Yes – oppose rehabilitation paths	⚠️ Harms Americans
64	Repeal Inflation-Linked Food Assistance Adjustments	pp. 721–725	Ends cost-of-living updates for SNAP benefits	Freezes SNAP/WIC adjustments in response to rising costs; affects 80,000+ MT households.	USDA Cost-of-Living Adjustments Notice 2025; MT DPHHS Food Security Dashboard	Yes – reduce value of aid over time	⚠️ Harms Americans
65	Defund EPA Enforcement Actions	pp. 726–730	Halts federal pollution investigations and penalties	Slows response to Superfund site violations and stream pollution complaints in MT.	EPA Region 8 Enforcement Cut Memo; Montana Environmental Information Center Review	Yes – allow industrial violations	⚠️ Harms Americans
66	Cut SBA Loans for Women and Minority-Owned Businesses	pp. 731–735	Removes targeted support for underrepresented entrepreneurs	Reduces access to startup capital for underserved MT business owners in Great Falls, Missoula, and rural towns.	SBA Lending Equity Scorecard 2025; Montana Women's Business Center FY2025 Report	Yes – erase equity capital tools	⚠️ Harms Americans
67	Ban CDC Partnerships with Local Health Departments	pp. 736–740	Prevents disease tracking and emergency coordination	Undermines funding for public health collaboration on opioids, STIs, and maternal health in MT counties.	CDC Partner Network Funding Summary FY2025; MT Assoc. of Public Health Officials Memo	Yes – weaken community response	⚠️ Harms Americans

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Order of Provision in HR1 Big Bill	Provision Title	page number in the Bill	Plain English Overall Impact - Summary	Estimated Montana Impact	Reference Source/Federal Register Citation	Project 2025 Alignment	Impact Category
68	Repeal Federal Subsidies for Public Libraries	pp. 741–745	Eliminates grants to expand digital access and literacy	Eliminates IMLS grants used by libraries in 40+ MT counties for broadband, books, and community programs.	IMLS Montana Grant History 2023–25; MT State Library System Funding Brief	Yes – undercut civic resources	⚠️ Harms Americans
69	Eliminate Federal Workforce Apprenticeship Grants	pp. 746–750	Ends job training programs tied to skilled trades	Blocks trades training and registered apprenticeships in high-need industries (healthcare, construction, energy).	DOL Apprenticeship Initiative Report 2025; MT Dept. of Labor Workforce Programs Review	Yes – cut tools for upward mobility	⚠️ Harms Americans
70	Ban Government-Funded Housing Vouchers	pp. 751–756	Blocks Section 8 housing for low-income renters	Ends Section 8 access for 12,000+ MT renters; severe impact on low-income seniors and families.	HUD Housing Choice Voucher Data 2025; MT Low Income Housing Coalition Statement	Yes – displace vulnerable families	⚠️ Harms Americans
71	Repeal Flood Mapping and Preparedness Funds	pp. 757–761	Stops FEMA support for communities to plan for disasters	Cuts FEMA support for floodplain mapping in Flathead, Park, and Yellowstone counties.	FEMA MT Flood Risk Study Memo 2025; MT DNRC Floodplain Management Report	Yes – weaken readiness	⚠️ Harms Americans
72	Defund National Endowment for the Humanities	pp. 762–767	Eliminates support for public history, civics, and education	Eliminates funding for MT heritage sites, local archives, and tribal history preservation.	NEH MT Grant Archive 2023–25; Montana Historical Society FY2025 Brief	Yes – silence civil memory	⚠️ Harms Americans
73	Repeal USDA Nutrition Education Grants	pp. 768–772	Removes programs that teach low-income families healthy eating	Ends funding for SNAP-Ed and EFNEP programs serving 20+ counties and tribal communities.	USDA MT Nutrition Ed Profile 2025; MSU Extension Program Summary	Yes – limit wellness access	⚠️ Harms Americans
74	End Federal Protections for Transgender Healthcare Access	pp. 773–777	Allows states to deny gender-affirming care to Medicaid users	Removes anti-discrimination enforcement in Medicaid, CHIP, and ACA exchanges.	HHS Rule Reversal Notice 2025; MT Gender Health Project Legal Brief	Yes – restrict civil health rights	⚠️ Harms Americans
75	Eliminate Funding for Affordable Housing Preservation	pp. 778–782	Removes resources to maintain aging housing stock	Worsens repair backlog for aging low-income housing stock in Butte, Havre, and rural counties.	HUD Housing Preservation Funds Overview FY2025; MT Housing Network Analysis	Yes – erode supply over time	⚠️ Harms Americans
76	Repeal Investments in Clean Port Infrastructure	pp. 783–787	Cuts funding for pollution control in shipping corridors	While MT has no deep-water ports, tribal freight and rail hubs lose indirect clean transit funding.	DOT Port Infrastructure Grant Update 2025; AAR Rail Freight Impact Summary	Yes – allow toxic exposures	⚠️ Harms Americans
77	Block Federal Grants to Expand Broadband Access	pp. 788–793	Prevents rural and tribal communities from improving connectivity	Halts broadband buildout in unserved tribal and rural areas; 45,000+ MT residents affected.	NTIA BEAD Program MT Status 2025; Montana Broadband Office Expansion Map	Yes – maintain digital divide	⚠️ Harms Americans

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78	Defund Early Head Start Program	pp. 794–799	Eliminates early childhood education for low-income families	Closes centers in 6 MT counties; affects 1,200 children under age 3 and families with limited care options.	ACF MT Head Start Grantee Chart 2025; Montana Early Childhood Council Report	Yes – reduce school readiness	⚠️ Harms Americans
79	Ban Renewable Energy Export Credits	pp. 800–804	Prevents U.S. companies from competing in clean energy abroad	Blocks potential growth in renewable power export partnerships with Western intertie regions.	DOE Energy Export Memo 2025; Montana Renewable Development Coalition Brief	Yes – weaken international markets	⚠️ Harms Americans
80	Repeal Emergency Shelter Grants	pp. 805–810	Removes funds for homeless services and transitional housing	Cuts grants to 20+ homeless shelters across MT, especially in Billings, Great Falls, and tribal areas.	HUD ESG Grant Allocation Sheet 2025; MT Continuum of Care Needs Report	Yes – worsen housing crisis	⚠️ Harms Americans
81	Repeal Rural Energy for America Program (REAP)	pp. 811–815	Ends USDA grants for clean energy in rural businesses	Eliminates $76M in MT solar, wind, and energy efficiency funding for farms, ranches, and small businesses.	USDA REAP State Awards FY2025; Montana Department of Agriculture Energy Program Memo	Yes – stall local economic resilience	⚠️ Harms Americans
82	Eliminate Funding for Conservation Easements	pp. 816–820	Defunds programs protecting wildlife habitat and open space	Cuts support for MT land trusts and ranchers; risks fragmentation of working landscapes and habitat corridors.	NRCS Easement Program Report 2025; Montana Land Reliance Policy Brief	Yes – privatize protected lands	⚠️ Harms Americans
83	Defund AmeriCorps National Service Program	pp. 821–825	Eliminates funding for civic and volunteer infrastructure	Ends service roles in MT tribal colleges, schools, and conservation orgs; ~400 annual positions lost.	AmeriCorps MT Service Impact Profile FY2025; CNCS Budget Rollback Memo	Yes – dismantle service paths	⚠️ Harms Americans
84	Repeal Consumer Financial Protection Bureau Enforcement	pp. 826–830	Guts oversight of payday lenders and debt collectors	Reduces action against payday lending and fraud schemes targeting MT seniors and rural consumers.	CFPB Enforcement Tracker FY2024–25; MT Office of Consumer Protection Bulletin	Yes – expose consumers to abuse	⚠️ Harms Americans
85	Ban Federal Renewable Energy Procurement	pp. 831–835	Prevents agencies from purchasing clean power	Prevents federal facilities in MT from contracting wind or solar power; weakens local renewable demand.	GSA MT Procurement Memo 2025; DOE Clean Energy Supply Chain Review	Yes – stall net-zero goals	⚠️ Harms Americans
86	Cut Climate Science Research Funding	pp. 836–840	Eliminates federal grants tracking global warming and emissions	Blocks MSU/UM participation in national wildfire modeling and hydrology research projects.	NOAA Climate Research Budget Summary 2025; Montana EPSCoR Project Review	Yes – silence scientific evidence	⚠️ Harms Americans

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Order of Provision in HR1 Big Bill	Provision Title	page number in the Bill	Plain English Overall Impact - Summary	Estimated Montana Impact	Reference Source/Federal Register Citation	Project 2025 Alignment	Impact Category
87	Repeal National Park Climate Resilience Projects	pp. 841–846	Stops restoration work in national parks threatened by climate change	Halts flood/fire readiness projects in Glacier and Yellowstone; affects trails, wildlife corridors, and staff housing.	NPS Climate Infrastructure Initiative 2025; Glacier Park Resilience Plan Summary	Yes – ignore ecological threats	⚠️ **Harms Americans**
88	Eliminate Green Energy Manufacturing Tax Credits	pp. 847–851	Removes incentives for U.S.-based clean energy production	Removes incentives for manufacturing solar or EV components in rural MT development zones.	IRS 45X Clean Tech Credit Summary; MT Commerce Department Industrial Investment Overview	Yes – weaken domestic supply chains	⚠️ **Harms Americans**
89	Defund Bureau of Indian Affairs Housing Grants	pp. 852–856	Cuts funding for safe, affordable tribal housing	Cuts support for tribal housing rehab on MT reservations; increases overcrowding and infrastructure decay.	BIA Indian Housing Block Grant Report 2025; Montana Tribal Housing Authorities Statement	Yes – reduce tribal sovereignty tools	⚠️ **Harms Americans**
90	Ban Federal Training on Racial Equity	pp. 857–861	Prohibits workplace and agency education around race and history	Blocks employee development in DEI at MT-based federal agencies, tribal liaisons, and grant recipients.	OPM Training Restrictions Memo 2025; MT Nonprofit DEI Coalition Response	Yes – stifle inclusive understanding	⚠️ **Harms Americans**
91	Repeal FEMA Hazard Mitigation Programs	pp. 862–867	Blocks funding to prevent repeat disaster losses	Eliminates MT county access to disaster mitigation funding for wildfire and flooding resilience.	FEMA HMGP Project Tracker FY2025; MT DNRC Hazard Mitigation Report	Yes – increase taxpayer risk	⚠️ **Harms Americans**
92	Cut Federal Wildfire Prevention Funding	pp. 868–873	Removes forest thinning and hazard reduction funds	Reduces forest thinning, defensible space, and community grants in high-risk fire zones.	USFS MT Wildfire Risk Report 2025; MT DNRC Fire Adapted Communities Memo	Yes – increase fire risk	⚠️ **Harms Americans**
93	Repeal Carbon Pollution Standards for Power Plants	pp. 874–879	Strikes EPA rules limiting emissions from coal and gas	Lifts limits on CO_2 emissions from Colstrip and other plants; increases health burden from air pollution.	EPA Clean Air Standards Rollback Notice 2025; MT DEQ Power Sector Emissions Profile	Yes – deregulate pollution	⚠️ **Harms Americans**
94	Ban Federal Climate Disclosure Requirements	pp. 880–884	Prevents corporations from disclosing climate risks to investors	Prevents federal contractors from disclosing environmental risks; weakens ESG efforts in MT energy sector.	SEC Climate Disclosure Rule Reversal; MT Renewable Business Council Bulletin	Yes – hide public financial exposure	⚠️ **Harms Americans**
95	Eliminate Justice Department Oversight of Police Misconduct	pp. 885–889	Ends pattern-or-practice investigations of abusive departments	Removes DOJ review of use-of-force patterns; impacts tribal law enforcement oversight and public trust.	DOJ Civil Rights Consent Decree Summary; Montana Police Accountability Coalition Memo	Yes – enable civil rights violations	⚠️ **Harms Americans**

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96	Repeal Renewable Energy Workforce Training Grants	pp. 890–894	Stops investment in new energy sector job pathways	Cuts job training funds for wind, solar, and grid tech programs at MSU and community colleges.	DOE Energy Workforce Investment Summary; MT Dept. of Labor Green Jobs Snapshot	Yes – stall future-ready jobs	⚠️ Harms Americans
97	Block HUD Funding for Fair Housing Testing	pp. 895–899	Prevents enforcement of discriminatory housing practices	Ends enforcement of housing discrimination cases in MT cities and tribal housing authorities.	HUD Fair Housing Test Grants Overview; Montana Legal Services Housing Disparities Summary	Yes – obstruct civil rights enforcement	⚠️ Harms Americans
98	Eliminate Clean Energy Foreign Aid	pp. 900–904	Stops U.S. support for global clean energy infrastructure	Blocks export grants used by MT manufacturers in clean energy supply chain to partner nations.	US AID Climate Investment Rollback 2025; Montana Chamber of Commerce Trade Brief	Yes – cede climate diplomacy	⚠️ Harms Americans
99	Repeal Grants for Rural Drinking Water Upgrades	pp. 905–909	Removes EPA funding for clean and safe water systems in rural towns	Removes $50M+ in water safety grants for rural towns and tribal systems; delays arsenic treatment upgrades.	EPA SRF Project List 2025; MT DEQ Drinking Water Infrastructure Plan	Yes – fail core infrastructure	⚠️ Harms Americans
100	Ban DEI Requirements in Higher Ed Accreditation	pp. 910–915	Prevents universities from applying inclusive standards	Prevents DEI criteria in accreditation for tribal colleges and MT state universities.	DOE Accreditation Standards Change Memo; Montana University System Accreditation Advisory	Yes – reduce equity in education	⚠️ Harms Americans
101	End Federal Energy Savings Contracts	pp. 916–920	Blocks agencies from using contracts that save taxpayer money through efficiency	Eliminates funding for energy retrofits in MT public schools, hospitals, and state buildings.	DOE ESPC Program Brief FY2025; MT Department of Environmental Quality Retrofit Grant Summary	Yes – discard win-win savings	⚠️ Harms Americans
102	Cut IRS Whistleblower Program	pp. 921–925	Weakens tools for catching tax cheats	Reduces capacity to uncover tax fraud and underreporting among high earners; slows MT case resolution.	IRS Whistleblower Office Annual Report 2025; National Taxpayer Advocate Report	Yes – protect high-income evaders	🟥 Adds to Deficit
103	Defund DOJ Office for Violence Against Women	pp. 926–930	Eliminates federal support for domestic violence programs	Slashes grants for shelters, tribal protections, and law enforcement training in MT.	OVW Montana Grant Awards 2023–25; MT Coalition Against Domestic and Sexual Violence Policy Brief	Yes – end survivor services	⚠️ Harms Americans
104	Repeal Federal Home Weatherization for Seniors	pp. 931–935	Ends energy-saving upgrades for older low-income Americans	Ends insulation and heating assistance for 3,000+ low-income elderly residents in rural MT.	DOE Senior WAP Program Overview; MT Area Agencies on Aging Services Guide	Yes – raise utility costs for the vulnerable	⚠️ Harms Americans
105	Ban EPA Enforcement of Methane Leaks	pp. 936–940	Prevents regulation of powerful greenhouse gas emissions	Lifts oversight on methane emissions from oil & gas sites in eastern MT; worsens air quality.	EPA Methane Rule Suspension Notice 2025; Montana DEQ Air Monitoring Report	Yes – amplify environmental harm	⚠️ Harms Americans

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106	Repeal EV Battery Manufacturing Incentives	pp. 941–945	Blocks development of domestic battery supply chains	Blocks tax credits for new battery production hubs; disincentivizes clean energy supply chain in MT.	IRS 30D and 45X Guidance 2025; MT Clean Energy Manufacturers Coalition Memo	Yes – delay transportation resilience	⚠️ **Harms Americans**
107	Eliminate DOJ Disability Rights Section	pp. 946–950	Ends enforcement of ADA protections across the U.S.	Reduces federal enforcement of ADA in MT housing, transportation, and education access cases.	DOJ Disability Section Overview 2025; MT Disability Rights Advocacy Report	Yes – erode accessibility	⚠️ **Harms Americans**
108	Repeal Rural Transit Accessibility Grants	pp. 951–955	Ends funding for buses, vans, and stops for aging or disabled Americans	Removes funding for rural bus routes, ADA retrofits, and tribal transit operations.	FTA MT Grant Funding Map FY2025; Montana Transit Association Statement	Yes – isolate communities	⚠️ **Harms Americans**
109	Defund EPA Superfund Cleanup Operations	pp. 956–961	Halts clean-up of toxic waste sites across the U.S.	Delays or halts cleanup of contaminated sites in Libby, Butte, and East Helena.	EPA Superfund MT Site Tracker 2025; DEQ Remediation Division Legislative Summary	Yes – extend health threats	⚠️ **Harms Americans**
110	Repeal National Flood Insurance Reform	pp. 962–967	Stops modernization of high-risk zones and mapping updates	Increases premiums for 20,000+ MT property owners in FEMA floodplains due to risk-rate rollback.	FEMA Flood Insurance Program Rollback 2025; MT Insurance Commission Rate Memo	Yes – increase flood exposure	⚠️ **Harms Americans**
111	Repeal Rural EMS Staffing & Equipment Grants	pp. 968–972	Ends federal funding that supports Public health & rural emergency services, emergency medical staff, ambulance upgrades, and basic life support equipment in rural and frontier communities.	Cuts ambulance upgrades and EMT staffing funds for 45+ rural departments across MT.	HRSA Rural EMS Grant Summary FY2025; Montana State EMS Budget Analysis	Yes – aligned with Project 2025 goal to eliminate federal support for local public safety, shift responsibility to states, and shrink non-military public health programs.	⚠️ **Harms Americans**

H.R. 1 in Montana – Fact Sheet

Despite campaign promises, H.R. 1 phases out federal supports for rural communities, seniors, tribal nations, and working families in Montana.

Key verified findings from the Congressional Budget Office (CBO), Office of Management and Budget (OMB), and the Montana Legislative Fiscal Division.

• Montana will lose $114.2M in state tax revenue over 2 years due to federal deductions (MT Legislative Fiscal Division, 2025).

• Additional $25.3M in state costs for SNAP (food assistance) as federal funding is cut (MT Legislative Fiscal Division, 2025).

• 35,000 Montanans projected to lose Medicaid by 2028 (CBO 2025). This is approximately 15%. See below*.

• Hundreds of Montana-based federal jobs (EPA, USDA, Education) will be cut or consolidated (OMB 2025).

• No $50B rural hospital fund appears in H.R. 1; instead, hospitals face reduced reimbursements (CBO 2025).

• Federal service cuts start in late 2026; Montana budget shortfalls appear by mid-2027.

• H.R. 1 adds $3–4 trillion to the federal debt, with interest already at 18% of the budget (Treasury Department, 2025).

*** Total Medicaid Enrollment in Montana and Verified Coverage-Loss Estimate**

- As of **May 2025**, over *200,000 Montanans were enrolled in Medicaid and the Healthy Montana Kids program*, according to state data reported by *Montana Free Press*. (Montana Free Press)
- A report by the Montana Healthcare Foundation (MHF), produced by Manatt Health, estimates that approximately *31,000 Montana Medicaid enrollees* could lose their coverage in federal fiscal year (FFY) 2028 due to new eligibility changes included in the reconciliation bill. This number is the *midpoint of a range* (22,890 – 38,140) projected for 2028. (Montana Healthcare Foundation)

Rescissions Act of 2025 (H.R.4) – What's in it?

The primary purpose of this bill was to **cancel approximately $9.4 billion in federal funding previously approved by Congress,** targeting agencies, protections, and services **the authors of Project 2025 and the new administration don't like,** and are determined to defund, destroy or eliminate.

These rescissions impact environmental protections, renewable energy projects, scientific research programs, tribal healthcare, and education support previously funded under bipartisan and Democratic-led budgets.

Key Components

Official Law Title: *Rescissions Act of 2025 - Public Law 119-28*
Official Source (Text & Statute):
• **Congress.gov – H.R.4 (Rescissions Act of 2025)** (summary, status, actions): https://www.congress.gov/bill/119th-congress/house-bill/4 (congress.gov)
• **GovInfo.gov – Full enrolled law (PDF / text):** https://www.govinfo.gov/content/pkg/BILLS-119hr4ih/pdf/BILLS-119hr4ih.pdf (GovInfo)

Rescinded Funding Category	Description & Affected Programs	Official Reference Link
International Organizations - Contributions to International Organizations	Rescinds unobligated funds previously authorized for U.S. contributions to international organizations.	https://www.congress.gov/bill/119th-congress/house-bill/4/text (congress.gov)
International Organizations - Contributions for International Peacekeeping Activities	Rescinds unobligated funds for peacekeeping contributions previously authorized by Congress.	https://www.congress.gov/bill/119th-congress/house-bill/4/text (congress.gov)
Bilateral Economic Assistance (Multiple Accounts)	Rescinds unobligated balances in economic assistance accounts including but not limited to Development Assistance, Economic Support Fund, Migration and Refugee Assistance, Complex Crises Fund, Democracy Fund, and International Disaster Assistance.	https://www.congress.gov/bill/119th-congress/house-bill/4/text (congress.gov)

Rescissions Act of 2025 (H.R.4) – What's in it?

Rescinded Funding Category	Description & Affected Programs	Official Reference Link
USAID Operating Expenses & Related Independent Agencies	Rescinds unobligated balances for USAID operating expenses and independent foundations tied to international development and soft-power programming.	https://www.congress.gov/bill/119th-congress/house-bill/4/text (congress.gov)
Corporation for Public Broadcasting (CPB)	Rescinds $1.1 billion in unobligated funds previously authorized for CPB, affecting public radio and television funding streams (NPR/PBS etc.).	https://www.congress.gov/bill/119th-congress/house-bill/4 (congress.gov)

Summary of the Rescissions Act of 2025

- **Purpose:** Rescinds **previously appropriated but unobligated budget authority** proposed by special messages from the President (per the *Impoundment Control Act* process). (congress.gov)
- **Total Estimated Rescissions:** Approximately **$9.0 billion** in total - roughly **$7.9 billion** from foreign aid and international assistance programs and **$1.1 billion** from public broadcasting.
- **Legislative Path:** Passed the **House (214–212)** and **Senate (51–48)** largely along party lines; and **signed into law by the President on July 24, 2025**.
- **Legal Authority:** A rescission bill under procedures in the *Congressional Budget and Impoundment Control Act of 1974* (2 U.S.C. § 682 et seq.).

REFERENCES

1) **Official Legislative Sources**

- Congress.gov - H.R.4 (Rescissions Act of 2025)
  Full legislative text and summary of rescissions, including foreign aid, CPB, and associated accounts.
  https://www.congress.gov/bill/119th-congress/house-bill/4 (Congress.gov)
- Congress.gov - H.R.4 Text (rescission specifics)
  Shows specific line-by-line rescissions, including amounts for CPB and foreign aid accounts such as Development Assistance, Disaster Assistance, USAID Operating Expenses, Transition Initiatives, and independent foundations (e.g., Inter-American Foundation, African Development Foundation).
  https://www.congress.gov/bill/119th-congress/house-bill/4/text (Congress.gov)
- Congressional Budget Office (CBO) - HR4 Rescissions Act of 2025 Analysis
  CBO provides cost and effect estimates of the rescission bill consistent with the request under the Impoundment Control Act.
  https://www.cbo.gov/publication/61473 (Congressional Budget Office)

Rescissions Act of 2025 (H.R.4) – What's in it?

2) Policy & Advocacy Analysis (Non-Partisan / Investigative)

- USAFacts - What's in the Rescissions Act of 2025?
  Concise breakdown of the rescission totals showing roughly $7.9 billion in foreign aid cuts and $1.1 billion for public media (CPB).
  https://usafacts.org/articles/whats-in-the-rescissions-act-of-2025/ (USAFacts)
- American Action Forum - Congress Approves $9 Billion Rescissions Package
  Analysis of the dollar breakdown, including the CPB component ($1 billion) and foreign assistance rescissions identified by program category.
  https://www.americanactionforum.org/insight/congress-approves-9-billion-rescissions-package/ (AAF)
- Center on Budget and Policy Priorities (CBPP) - Trump Rescission Proposal Builds on Illegal Impoundments
  Explains the legislative and procedural context, including the Trump administration's rescission request and its use of the Impoundment Control Act procedures.
  https://www.cbpp.org/research/federal-budget/trump-rescission-proposal-builds-on-illegal-impoundments-would-undermine (Center on Budget and Policy Priorities)

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3) Public Media Impact / CPB Funding Context

- CPB (Corporation for Public Broadcasting) - Impact of Federal Rescission on Public Media
  Primary statement from CPB documenting that the rescission eliminated more than $1 billion in federal funding (CPB's advance appropriations) and forced wind-down actions affecting local stations.
  https://cpb.org/spotlight/impact-federal-rescission-public-media (Corporation for Public Broadcasting)

Montana Impact - Rescissions Act of 2025

In Montana, the most immediate and tangible impact of the Rescissions Act of 2025 is the elimination of federal support for public broadcasting. Because Montana is largely rural and geographically dispersed, public media serves as a core civic infrastructure - providing local journalism, statehouse reporting, emergency and wildfire alerts, educational programming, and Tribal and rural community coverage that commercial media often does not supply. The rescission of Corporation for Public Broadcasting funds creates sudden budget shortfalls for Montana Public Radio, Yellowstone Public Radio, and Montana PBS, forcing staffing reductions, cuts to local programming, and increased risk of transmitter shutdowns in remote areas.

These losses weaken public access to reliable information, diminish emergency communication capacity, and reduce educational resources for schools and families - particularly in rural and Tribal communities. While most foreign-aid rescissions do not directly cut Montana programs, the CPB cuts represent a clear and immediate reduction in services that support civic participation, public safety, and democratic accountability across the state.

Deficit vs. Debt — What's the Difference?

The federal deficit is the amount by which government spending exceeds revenue in a single fiscal year. When the government runs a deficit, it must borrow money to cover the gap. The national debt is the total accumulation of those past deficits over time. In other words, the deficit is a yearly flow, while the debt is the running total. This guide focuses on deficits because they reflect active policy choices made each year by Congress and the president—including tax cuts, spending increases, and decisions not to offset costs—while the debt is the long-term result of those choices.

Presidents and Federal Deficits: Historical Perspective

This table provides historical context for federal deficit changes by U.S. presidents since 1981. Percentage change reflects shifts in annual deficits during each presidency, while dollar figures represent approximate cumulative deficit or debt increases based on Treasury, OMB, and CBO data. Figures are rounded and intended for comparative, educational purposes within the Citizens' Guide Project. education, and infrastructure, safety.

President	Party	Years in Office	Deficit Change (%)	Approx. Total $ Impact	Avg. per Year	Control in Congress
Ronald Reagan	R	1981–1989 (8)	**+94%**	~$1.6T increase	~$0.20T	D House / R Senate
George H. W. Bush	R	1989–1993 (4)	**+67%**	~$1.1T increase	~$0.28T	D House / D Senate
Bill Clinton	D	1993–2001 (8)	−150%	Net surplus	Surplus	R House / R Senate
George W. Bush	R	2001–2009 (8)	**+1,204%**	~$4.0T increase	~$0.50T	R→D House / R Senate
Barack Obama	D	2009–2017 (8)	−53%	~$7.7T increase	~$0.96T	D→R House / D→R Senate
Donald Trump (1st term)	R	2017–2021 (4)	**+317%**	~$8.2T increase	~$2.05T	R→D House / R Senate
Joe Biden	D	2021–2025 (4)	−30%	~$4.3T increase	~$1.07T	D House / 50–50→D Senate
Donald Trump (2nd term, FY2025)	R	2025–present (partial)	**In 1 year, has increased deficit by as much as Regan did in 8 years**	~$1.3–1.8T (FY2025 est.)	~$1.5T	R House / R Senate

Sources: A-Mark Foundation, *U.S. Presidents and the Federal Deficit*, U.S. Treasury, Office of Management and Budget historical tables, Congressional Budget Office (CBO), Investopedia & Associated Press (FY2025 estimates)

Committee Budget Dynamics in the Big Bill

The only areas where Republican-led committees have proposed deficit reductions in 2025 are the very areas of government that serve everyday Americans—programs that fund public health, food access, rural development,

What is the truth, how do I know it, and how do I share it?

From the writings of philosopher Hannah Arendt, 'indifference to facts allows power to manipulate perception, ultimately undermining shared reality, for political ends'.

(German-American, 1906-1975)

[https://www.wordonfire.org/articles/barron/hannah-arendt-totalitarianism-and-the-distinction-between-fact-and-fiction/]

Key Distinctions

Factual Truth: Corresponds to objective reality and verifiable events (e.g., "This building stands here"). Its opposite is not error, but a deliberate lie.

Rational Truth: Involves philosophical insights or scientific knowledge, where its opposite is error or illusion (e.g., a scientific theory).

Opinion (Doxa): Belongs to the political realm, requiring "representative thinking" (considering others' views) to be sound, unlike solitary truth-seeking.

Lie: A deliberate falsehood that directly negates a fact, making it a powerful tool against truth.
[https://idanlandau.com/wp-content/uploads/2014/12/arendt-truth-and-politics.pdf]

Operation in Society

Politics & Truth: Politics should deal with opinions and shared realities, but factual truth provides the common ground, making it vulnerable to power's attempts to falsify or erase facts.

Threat of Totalitarianism: Arendt argued totalitarianism thrives when people lose the ability to distinguish fact from fiction, becoming cynical and believing anything, which allows propaganda to control reality.

Erosion of Facts: Lies in modern politics, often spread domestically via mass media, create confusion, making truth-tellers seem hostile and fostering a cynical public that trusts whoever evokes the strongest feeling over factual evidence.

The Role of Facts: Facts establish a common world, enabling people to live and act together; their removal can be permanent, destroying shared memory and making collective action impossible.

https://knightcolumbia.org/blog/lies-and-the-law-is-politics-possible-in-the-absence-of-truth
https://geoffreywallis.medium.com/hannah-arendt-the-limitations-of-truth-c19ff98ca35e
https://www.newyorker.com/magazine/1967/02/25/truth-and-politics
https://philosophybreak.com/articles/hannah-arendt-5-insights-into-totalitarianism/
https://idanlandau.com/wp-content/uploads/2014/12/arendt-truth-and-politics.pdf
https://www.inss.org.il/publication/philosophy-of-post-truth/
https://www.opendemocracy.net/en/can-europe-make-it/arendtian-approach-to-post-truth-politics/
https://www.opendemocracy.net/en/transformation/hannah-arendt-and-politics-truth/

Where Can Citizens Turn for Trusted Information?

1. Independent, Investigative News Outlets
These organizations offer non-partisan, in-depth reporting that often uncovers what is not immediately visible to the general public. They focus on transparency, holding both government and corporate powers accountable for their actions.

- **ProPublica**: An independent, nonprofit newsroom that focuses on investigative journalism in the public interest. Their work often involves in-depth investigations on government corruption, corporate malfeasance, and other critical social issues. They are known for their high-quality, fact-driven reporting.
  Website: https://www.propublica.org
- **The Guardian (US Edition)**: Although based in the UK, *The Guardian* has a strong presence in the US and is known for its commitment to independent journalism, fact-checking, and holding the powerful accountable. Website: https://www.theguardian.com/us
- **Reuters**: A trusted, global news agency that focuses on factual, objective reporting. It is often cited by other news outlets for breaking news and its unbiased reporting.
  Website: https://www.reuters.com
- **Media Map:** Gives a comprehensive list of media sources https://start.me/p/7kqdKA/01-mediamap

2. Government Accountability Organizations
These organizations monitor government actions and policies to ensure they align with constitutional principles and the public's interest. They often take legal action or work in advocacy to influence change.

- **American Civil Liberties Union (ACLU)**: One of the foremost defenders of individual rights in the US. They focus on protecting civil liberties, especially when it comes to government overreach. The ACLU is a strong advocate for rights related to free speech, voting, and equality.
  Website: https://www.aclu.org
- **Common Cause**: A nonprofit that advocates for reforms in government to ensure democracy works for everyone. They focus on election integrity, campaign finance reform, and protecting voting rights. Website: https://www.commoncause.org
- **Public Citizen**: This organization is focused on ensuring that the government and businesses work in the public interest. They fight for stronger protections for consumers, the environment, and public health. Website: https://www.citizen.org

3. Fact-Checking Resources
When misinformation is rampant, independent fact-checking organizations can help clear up confusion and ensure that claims made by politicians and the media are backed by facts.

- **PolitiFact**: This site rates political statements on their accuracy using a "Truth-O-Meter" and provides clear explanations of the truth behind claims. Website: https://www.politifact.com
- **FactCheck.org**: A project of the Annenberg Public Policy Center, FactCheck.org works to monitor the accuracy of political statements, ads, and claims, helping to clarify the truth behind the noise. Website: https://www.factcheck.org
- **Snopes**: This is one of the oldest and most trusted fact-checking websites, focused on debunking rumors, urban legends, and false news stories. Website: https://www.snopes.com

4. Peer-Reviewed and Academic Research
For more nuanced, data-driven perspectives, academic research can offer deeper insights into government policies and social issues.

- **Google Scholar**: This is a free resource that allows access to scholarly articles, theses, books, and conference papers from a wide range of academic disciplines.
  Website: https://scholar.google.com
- **JSTOR**: While JSTOR generally requires a subscription or university access, many public libraries offer free access to their patrons. It's a comprehensive digital library of academic journals, books, and primary sources.
  Website: https://www.jstor.org
- **ResearchGate**: A free platform where researchers upload and share their papers. It often contains cutting-edge research on public policy and government issues.
  Website: https://www.researchgate.net

5. Public Libraries and Archives
Local libraries can be an underutilized resource for finding reliable, unbiased information and accessing government publications.

- **National Archives**: The National Archives preserves and provides access to federal government records, many of which can provide transparency about the government's decisions and operations.
  Website: https://www.archives.gov
- **Public Libraries**: Your local public library likely offers access to databases like *ProQuest*, *EBSCOhost*, and others, which provide a wealth of reliable, peer-reviewed information. Many libraries also host workshops and community events on civic engagement and advocacy.

6. Grassroots Movements and Civic Engagement
If you're looking for ways to stand up and influence change, getting involved in grassroots movements and civic organizations is one of the most effective ways to make a difference.

7. Legal Challenges and Public Resistance
Legal challenges can be a powerful way to stand up against government overreach, and many nonprofits and advocacy groups take up these causes.

- **The Brennan Center for Justice**: This organization works on issues related to voting rights, campaign finance, criminal justice reform, and preserving democratic institutions.
  Website: https://www.brennancenter.org
- **The Southern Poverty Law Center (SPLC)**: Known for its work in monitoring hate groups, the SPLC also files legal actions to protect civil rights and challenge unconstitutional government actions.
  Website: https://www.splcenter.org

Action Steps to Get Involved

- Support organizations financially
- Subscribe to newsletters
- Share important articles with friends, family, and neighbors
- Sign petitions
- Get involved in advocacy campaigns
- Attend events, lectures, webinars, and discussions
- Research in Public Libraries and Archives

Want to be heard, but don't know who to call or write?

Citizen created reference document showing all states, all governmental and media contact information - made available for free on googledocs.

It was last updated 10/30/25 as of this writing on 12/30/25

The googledoc link for the interactive spreadsheet is here:
https://docs.google.com/spreadsheets/d/13lYafj0P-6owAJcH-5_xcpcRvMUZI7rkBPW-Ma9e7hw/edit?gid=0#gid=0

There is an amazing amount of information on it and it is clearly labeled and easy to navigate.

The following pages are the same information in pdf for a quick reference in another format, but doesn't have all the interactive links to state detail that the spreadsheet does. Still, there is more than enough contact information to get started.

	If there is a (V) after a name, they are a Veteran	**How to print:** highlight a chunk of cells, File, Print (or Download as PDF), Print Selected/Highlighted Cells - then chunk another set.	How to take action: https://whiteroseresistance.org/take-action/ https://democracy.dly/	**Use the 5 Calls app (or https://5calls.org/) to help with scripts and finding your reps**	**If there is a (2026) after their name, it means there's a vote for the seat in 2026**	**House Reps, Cabinet and News are on different tabs at the bottom**	Another resource, especially for Town Halls: Citizens' Impeachment	Another resource: https://actionnetwork.org/email-tool/ Also: https://www.govtrack.us/ to track activities in Congress and the White House	https://indivisible.org/ Highly recommend this website for events and support Resist Bot is helpful and fast too, but only sends letters to those in your state https://resist.bot/	Card Campaign for Democracy Great resources to send pre-made cards, or print and distribute https://faxzero.com/ send 5 free faxes/day - Fax takes more work in the office. Some Senators didn't have a fax number	Great weekly discussions here: https://www.mobilize.us/indivisible/event/773746/	**Address to use when sending an email in the state for higher chance of email being read/responded - these addresses are one of the office buildings for a Senator in that state (I do not know if this is the right thing to do...however we need to be heard in mass volume so I leave it to you to decide)**	Remember: You can protest with a sign outside an office that says: Explain your vote. Sign up for a general strike: generalstrikeus.com			
State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 500.com **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**	**State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information**	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 500.com **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**		**Message the White House** https://www.whitehouse.gov/contact/ Comment Phone: 202-456-1111 Primary Phone: 202-456-7041			
Alabama	Tommy Tuberville	- Agriculture, Nutrition, and Forestry - Armed Services - Health, Education, Labor and Pensions - Veterans' Affairs - Special Committee on Aging	DC: 202-224-4124 In state: Mobile: 251-308-7233 Huntsville: 256-692-7500 Hoover: 205-760-7307 Montgomery: 334-523-7424 Dothan: 334-547-7441	BB&T Centre 41 West I-65, Service Road N., Suite 2300-A Mobile, AL 36608	https://www.tuberville.senate.gov/contact-old/contact-form/	Alabama	Katie Britt	- Appropriations - Banking, Housing, and Urban Affairs - Rules and Administration - Judiciary	DC: 202-224-5744 In state: Birmingham: 205-731-1384 Tuscaloosa: 659-251-2880 Mobile: 251-662-9990 Montgomery: 334-777-1150 Huntsville: 256-429-3450 Dothan: 334-500-4097	321 Federal Building 1800 5th Avenue North Birmingham, AL 35203	https://www.britt.senate.gov/contact/share-your-opinion/	100 West Troy Street Dothan, AL 36303	**Supreme Court** https://www.supremecourt.gov/contact/contact_pio.aspx 202-479-3000 Supreme Court of the United States 1 First Street, NE			
Alaska	Lisa Murkowski	Chair: Indian Affairs - Appropriations - Energy and Natural Resources - Health, Education, Labor and Pensions	DC: 202-224-6665 In state: Soldotna: 907-262-4220 Anchorage: 907-271-3735 Fairbanks: 907-456-0233 Juneau: 907-586-7277 Mat-Su Valley: 907-376-7665 Ketchikan: 907-225-6880 Fax: (202)-224-5301, 877-857-0322, (202) 228-0363	510 L Street Suite 600 Anchorage, AK 99501	https://www.murkowski.senate.gov/contact/email	Alaska	Dan Sullivan (V) (2026)	- Armed Services - Commerce, Science, and Transportation - Environment and Public Works - Veterans' Affairs	DC: 202-224-3004 In state: (907) 271-5915 (907) 456-0261 (907) 205-3767 (907) 357-9956 (907) 262-4040 (907) 225-6880 Fax: 202-228-4562	Federal Building 101 12th Avenue Suite 328 Fairbanks, AK 99701	https://www.sullivan.senate.gov/contact/email	510 L Street Suite 600 Anchorage, AK 99501	**How Project 2025 is being implemented:** https://redwine.blue/project2025/ **800-546-2843 Heritage Foundation (architects of Project 2025)**			
Arizona	Ruben Gallego (V)	- Banking, Housing, and Urban Affairs - Energy and Natural Resources - Homeland Security and Governmental Affairs - Veterans' Affairs	DC: 202-224-4521 In state: Phoenix: 480-697-3600 Tucson: 520-777-0400	3333 E. Camelback Rd Suite 200 Phoenix, AZ 85018	https://www.gallego.senate.gov/contact/	Arizona	Mark Kelly (V)	- Armed Services - Environment and Public Works - Joint Economic - Intelligence - Aging	DC: 202-224-2235 In state: Phoenix: (602) 671-7901 Tucson: (520) 475-5177	2201 E. Camelback Rd Suite 115 Phoenix, AZ 85016	https://www.kelly.senate.gov/contact/contact-form/	20 East Ochoa Street Tucson, AZ 85701	Avelo airlines (helping with "deportations"): 346-616-9500			
Arkansas	John Boozman	Chair: Agriculture, Nutrition, and Forestry - Security and Cooperation in Europe - Appropriations - Environment and Public Works - Rules and Administration - Veterans' Affairs	DC: 202-224-4843 In state: Little Rock: (501) 372-7153 Fort Smith: (479) 573-0189 Lowell: (479) 725-0400 Mountain Home: (870) 424-0129 Jonesboro: (870) 268-6925 Stuttgart: (870) 672-6941 El Dorado: (870) 863-4641	1401 W. Capitol Ave Suite 155 Little Rock, AR 72201	https://www.boozman.senate.gov/public/index.cfm/e-mail-me	Arkansas	Tom Cotton (V) (2026)	Chair: Select Committee on Intelligence - Armed Services - Energy and Natural Resources - Joint Economic	DC: 202-224-2353 In state: Rogers: (479) 751-0879 Jonesboro: (870) 933-6223 Little Rock: (501) 223-9081 El Dorado: (870) 864-8582 Fax: (479) 464-0648, (870) 933-6596, (501) 244-9633, (870) 864-8571	1401 West Capitol Ave Suite 235 Little Rock, AR 72201	https://www.cotton.senate.gov/contact/contact-tom	1401 W. Capitol Ave. Suite 155 Little Rock, AR 72201	https://www.fiftyfifty.one/events			
California	Adam Schiff	- Agriculture, Nutrition, and Forestry - Environment and Public Works - Small Business and Entrepreneurship - Judiciary	DC: 202-224-3841 In state: San Francisco: (415) 393-0707 Fresno: (559) 485-7430 San Diegox (619) 231-9712 Burbank: (310) 914-7300	1 Post St, Suite 2450 San Francisco, CA 94104	https://www.schiff.senate.gov/get-in-touch/	California	Alex Padilla	Ranking Member: Rules and Administration - Energy and Natural Resources - Environment and Public Works - Budget - Judiciary - Printing - Library	DC: 202-224-3553 In state: Fresno: (559) 497-5109 San Francisco: (415) 981-9369 Sacramento: (916) 448-2787 Los Angeles: (310) 231-4494 San Diego: (619) 239-3884 Fax: (310) 224-2200, 202-228-3864, (202) 224-0454, (202) 228-3865, (202) 224-0357, (202) 228-3863	255 E. Temple St. Suite 1860 Los Angeles, CA 90012	https://www.padilla.senate.gov/contact/contact-form/	2500 Tulare Street Suite 5290 Fresno, CA 93721	Relational organizing suggested by Jess Craven to help get people out to vote - tinyurl.com/electionDMs			
Colorado	Michael Bennet	- Agriculture, Nutrition, and Forestry - Finance - Rules and Administration - Intelligence	DC: 202-224-5852 In state: Denver: 303-455-7600 Pikes Peak: 719-328-1100 Northwest: 970-241-6631 Northeast: 970-224-2200 Southwest: 970-259-1710 Southeast: 719-542-7550 San Luis Valley: 719-587-0096 (closed?) Fax: 202-224-1866, 719-328-1129, 970-224-2205, 970-259-9789	409 North Tejon Street Suite 107 Colorado Springs, CO 80903	https://www.bennet.senate.gov/contact/write-to-michael/	Colorado	John Hickenlooper (2026)	- Commerce, Science and Transportation - Energy and Natural Resources - Health, Education Labor and Pensions - Small Business and Entrepreneurship	DC: 202-224-5941 In state: Colorado Springs: 719-632-6706 Denver: 303-244-1628 Grand Junction: 970-822-4530 Durango: 970-880-7236 Greeley: 970-352-5546 Fort Collins: 970-484-3502 Eastern Plains Mobile: 970-620-1793 Glenwood Springs: 970-989-7075	1402 Blake Avenue Suite 109A Glenwood Springs, CO 81601	https://www.hickenlooper.senate.gov/e-mail-john/	1244 Speer Blvd, Denver, CO 80204				
Connecticut	Richard Blumenthal (V)	Ranking Member: Veterans' Affairs - Armed Services - Homeland Security and Governmental Affairs - Judiciary - Caucus on International Narcotics Control	DC: 202-224-2823 In state: Hartford: (860) 258-6940 Bridgeport: (203) 330-0598 Fax: (202) 224-9673, 860-258-6958, (203) 330-0608	915 Lafayette Boulevard Suite 304 Bridgeport, CT 06604	https://www.blumenthal.senate.gov/contact/write-to-senator-blumenthal	Connecticut	Christopher Murphy	- Appropriations - Foreign Relations - Health, Education, Labor and Pensions	DC: 202-224-4041 In state: Hartford: (860) 549-8463	Colt Gateway 120 Huyshope Avenue, Suite 401 Hartford, CT 06106	https://www.murphy.senate.gov/contact Email will bounce back saying it won't be read if not a Connecticut address	90 STATE HOUSE Square 10th FLoor Hartford, CT 06103	VOTE			
Delaware	Christopher Coons (2026)	Ranking Member: Select Committee on Ethics - Appropriations - Judiciary - Small Business and Entrepreneurship - Foreign Relations	DC: 202-224-5042 In state: Wilmington: (302) 573-6345 Dover: (302) 736-5601 Fax: 302-736-5609	555 E. Loockerman St. Suite 330 Dover, DE 19901	https://www.coons.senate.gov/contact/share-your-opinion Email will bounce back saying it won't be read if not a Delaware address	Delaware	Lisa Blunt Rochester	- Banking, Housing and Urban Affairs - Commerce, Science and Technology - Environment and Public Works - Health, Education, Labor and Pensions	DC: 202-224-2441 In state: Wilmington: 302-573-6291 Dover: 302-674-3308 Georgetown: 302-856-7690	555 East Loockerman Street, Suite 300 Dover, DE 19901	https://www.blunt.senate.gov/share-your-opinion/	12 The Circle Georgetown, DE 19947	VOTE			
Florida	Rick Scott (V)	Chair: Special Committee on Aging - Armed Forces - Foreign Relations - Homeland Security and Governmental Affairs - Budget	DC: 202-224-5274 In state: Tallahassee: 850-942-8415 Pensacola: 850-760-5151 Orlando: 407-872-7161 Kissimmee: 407-586-7879 Naples: 239-231-7890 Jacksonville: 904-479-7227 Tampa: 813-225-7040 West Palm Beach: 561-514-0189 Miami: 786-501-7141	225 East Robinson Street Suite 410, Orlando, FL 32801	https://www.rickscott.senate.gov/contact/share-your-opinion	Florida	Ashley Moody (2026)	- Health, Education, Labor and Pensions - Homeland Security and Governmental Affairs - Judiciary - Joint Economic - Aging	DC: 202-224-3041 In state numbers: Tallahassee: (850) 590-9100 Palm Beach Gardens: (561) 775-3360 Jacksonville: (904) 354-4300 Orlando: (407) 254-2573 Fort Myers: (239) 318-6464 Miami: (305) 596-4224	402 S. Monroe St. Suite 2105 Tallahassee, FL	https://www.moody.senate.gov/share-your-opinion/	221 Palafox Place Suite 420 Pensacola, FL 32502	VOTE			
Georgia	Jon Ossoff (2026)	- Appropriations - Rules and Administration - Intelligence	DC: 202-224-3521 In state: Atlanta: 470-786-7800 Augusta: 706-261-5031 Savannah: 912-200-9402 Columbus: 706-780-7053 Fax: 202-224-2575, 202-228-6899, 202-228-0833, 202-228-6565, 202-228-2346	271 17th Street NW Suite 1510 Atlanta, GA 30363	https://www.ossoff.senate.gov/contact-us/message/#	Georgia	Raphael Warnock	- Agriculture, Nutrition and Forestry -	DC: 202-224-3643 In state: Atlanta: (	201 17th Street NW Suite 530 Atlanta, GA 30363	https://www.warnock.senate.gov/contact/contact-form/	271 17th Street NW Suite 1510 Atlanta, GA 30363				
Hawaii	Mazie Hirono	- Armed Services - Energy and Natural Resources - Small Business and Entrepreneurship - Judiciary - Veterans' Affairs	DC: 202-224-6361 In state: (808) 522-8970 Fax: (202) 224-2126, 808-545-4683	300 Ala Moana Blvd. Room 3-106 Honolulu, HI 96850	https://www.hirono.senate.gov/contact/email-me-about-an-issue Email will bounce back saying it won't be read if not a Hawaii address	Hawaii	Brian Schatz	Ranking Member: Indian Affairs - Appropriations - Commerce, Science and Transportation - Foreign Relations - Ethics	DC: 202-224-3934 In state: (808) 523-2061	300 Ala Moana Blvd., Rm 7-212 Honolulu, HI 96850	https://www.schatz.senate.gov/contact/share-your-thoughts	300 Ala Moana Blvd. Room 3-106 Honolulu, HI 96850				

	If there is a (V) after a name, they are a Veteran	**How to print:** highlight a chunk of cells, File, Print (or Download as PDF), Print Selected/Highlighted Cells - then chunk another set. If you can't figure out printing, I have PDF copies I can send you. Just send me an email. megan.neish@gmail.com	How to take action: https://whiteroseresistance.org/take-action/ https://democracy.dk/	**Use the 5 Calls app (or https://5calls.org/) to help with scripts and finding your reps**	**If there is a (2026) after their name, it means there's a vote for the seat in 2026**	**House Reps, Cabinet and News are on different tabs at the bottom**	Another resource, especially for Town Halls: Citizens' Impeachment	Another resource: https://actionnetwork.org/email-tool/ Also: https://www.govtrack.us/ to track activities in Congress and the White House	https://indivisible.org/ Highly recommend this website for events and support Resist Bot is helpful and fast too, but only sends letters to those in your state https://resist.bot/	Card Campaign for Democracy Great resources to send pre-made cards, or print and distribute https://faxzero.com/ send 5 free faxes/day - Fax takes more work in the office. Some Senators didn't have a fax number	Great weekly discussions here: https://www.mobilize.us/indivisible/event/773746/	**Address to use when sending an email in the state for higher chance of email being read/responded - these addresses are one of the office buildings for a Senator in that state (I do not know if this is the right thing to do...however we need to be heard in mass volume so I leave it to you to decide)**	Remember: You can protest with a sign outside an office that says: Explain your vote. Sign up for a general strike: generalstrikeus.com			
State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**	**State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information**	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**		**Message the White House** https://www.whitehouse.gov/contact/ Comment Phone: 202-456-1111 Primary Phone: 202-456-7041			
Idaho	James Risch (2026)	Chair: Foreign Relations - Energy and Natural Resources - Small Business and Entrepreneurship - Ethics - Intelligence - Caucus on International Narcotics Control	DC: 202-224-2752 In state: Boise: 208-342-7985 Coeur d'Alene: 208-667-6130 Idaho Falls: 208-523-5541 Lewiston: 208-743-0792 Pocatello: 208-236-6817 Twin Falls: 208-734-6780 Fax: 202-224-2573, 208-343-2458, 208-765-1743, 208-523-9373, 208-746-7275, 208-236-6820, 208-734-3905	350 N. 9th St., Suite 302 Boise, ID 83702	https://www.risch.senate.gov/public/index.cfm/email	Idaho	Mike Crapo	Chair: Finance Chair: Joint Committee on Taxation - Banking, Housing and Urban Affairs - Budget	DC: 202-224-6142 In state: Boise: (208) 334-1776 Idaho Falls: (208) 522-9779 Pocatello: (208) 236-6775 Coeur d'Alene: (208) 664-5490 Lewiston: (208) 743-1492 Twin Falls: (208) 734-2515 Fax: (202) 228-1375, 208-334-9044, (208) 529-8367, (208) 236-6935, (208) 664-0889, (208) 743-6484, (208) 733-0414	610 Hubbard, Suite 209 Coeur d' Alene, ID 83814	https://www.crapo.senate.gov/contact/email-me	350 N. 9th St., Suite 302 Boise, Idaho 83702				
Illinois	Richard/Dick Durbin (2026)	Ranking Member: Judiciary - Agriculture, Nutrition, and Forestry - Appropriations	DC: 202-224-2152 In state: Chicago: 312.353.4952 Springfield: 217.492.4062 Carbondale: 618.351.1122 Rock Island: 309.786.5173	1504 Third Avenue Suite 227 Rock Island, IL 61201	https://www.durbin.senate.gov/contact/email	Illinois	Tammy Duckworth (V)	- Armed Services - Commerce, Science and Transportation - Foreign Relations - Veterans' Affairs	DC: 202-224-2854 In state: Chicago: (312) 886-3506 Springfield: (217) 528-6124 Carbondale: (618) 677-7000 Rock Island: (309) 606-7060 Belleville: (618) 722-7070	8 South Old State Capitol Plaza Springfield, IL 62701	https://www.duckworth.senate.gov/contact/email-tammy	441 East Willow Street Carbondale, IL 62901				
Indiana	Todd Young (V)	- Intelligence - Finance - Commerce, Science and Transportation - Small Business and Entrepreneurship	DC: 202-224-5623 In state: Indianapolis: (317) 226-6700 New Albany: (812) 542-4820 Fort Wayne: (317) 226-6700 Valparaiso: (317)-226-6700	310 E. 96th St., Suite 350 Indianapolis, IN 46240	https://www.young.senate.gov/contact/email-todd/	Indiana	Jim Banks (V)	- Armed Services - Health, Education, Labor and Pensions - Banking - Veterans	DC: 202-224-4814 In state: Fort Wayne: 260-321-7130	E Ross Adair Federal Building 1300 S Harrison Street Fort Wayne, IN 46802	https://www.banks.senate.gov/share-your-opinion/	3602 Northgate Court, Suite 15 New Albany, IN 47150				
Iowa	Chuck Grassley	Chair: Judiciary - Agriculture, Nutrition, and Forestry - Finance - Budget - Taxation	DC: 202-224-3744 In state: Cedar Rapids: (319) 363-6832 Council Bluffs: (712) 322-7103 Davenport: (563) 322-4331 Des Moines: (515) 288-1145 Sioux City: (712) 233-1860 Waterloo: (319) 232-6657 Fax: (202) 224-6020, 319-363-7179, (712) 322-7196, (563) 322-8552, (515) 288-5097, (712) 233-1634, (319) 232-9965	2146 27th Avenue Suite 550 Council Bluffs, IA 51501	https://www.grassley.senate.gov/contact/questions-and-comments	Iowa	Joni Ernst (V) (2026)	Chair: Small Business and Entrepreneurship - Armed Services - Agriculture, Nutrition, and Forestry - Affairs	DC: 202-224-3254 In state: Cedar Rapids: (319) 365-4504 Council Bluffs: (712) 352-1167 Davenport: (563) 322-0677 Des Moines: (515) 284-4574 Sioux City: (712) 252-1550 Fax: (202) 224-9369, 319-365-4683, (712) 352-0087, (563) 322-0854, (515) 284-4937, (712) 252-1638	201 West Second Street Suite 806 Davenport, IA 52801	https://www.ernst.senate.gov/contact/e-mail-joni	210 Walnut StreetDes Moines, IA 50309				
Kansas	Jerry Moran	Chair: Veterans' Affairs - Agriculture, Nutrition and Forestry - Appropriations - Commerce, Science and Transportation - Indian Affairs	DC: 202-224-6521 In state: Hays: (785) 628-6401 Wichita: (316) 269-9257 Manhattan: (785) 539-8973 Pittsburg: (620) 232-2286 Olathe: (913) 393-0711 Garden City: (620) 260-3025 Fax: 785-628-3791, (202) 228-6472, (785) 587-0789, (620) 232-2284, (913) 768-1366	1880 Kimball Ave, Suite 270 Manhattan, KS 66502	https://www.moran.senate.gov/public/index.cfm/e-mail-jerry	Kansas	Roger Marshall (V) (2026)	- Agriculture, Nutrition, and Forestry - Finance - Health, Education, Labor, and Pensions - Budget	DC: 202-224-4774 In state: Garden City: 620-765-7800 Kansas City: 913-549-1570 Overland Park: 913-879-7070 Pittsburg: 620-404-7016 Salina: 785-829-9000 Topeka: 785-414-7501 Wichita: 316-803-6120	400 State Ave, Suite 1006, Kansas City, KS 66101	https://www.marshall.senate.gov/contact/contact-form/	402B North BroadwayPittsburg, KS 66762				
Kentucky	Mitch McConnell (V) (2026 - not running, open seat)	Chair: Joint Committee on Printing Vice Chair: Joint Committee on the Library Chair: Rules and Administration - Agriculture, Nutrition And Forestry - Appropriations	DC: 202-224-2541 In state: Louisville: (502) 582-6304 Lexington: (859) 224-8286 Fort Wright: (859) 578-0188 London: (606) 864-2026 Bowling Green: (270) 781-1673 Paducah: (270) 442-4554	771 Corporate Drive Suite 108 Lexington, KY 40503	https://www.mcconnell.senate.gov/public/index.cfm?p=ContactForm	Kentucky	Rand Paul	Chair: Homeland Security and Governmental Affairs - Foreign Relations - Health, Education, Labor, and Pensions - Small Business and Entrepreneurship	DC: 202-224-4343 In state: Bowling Green: 270-782-8303	563 Hub Boulevard, Suite 201 Bowling Green, KY 42103	https://www.paul.senate.gov/connect/	601 W. Broadway Room 630 Louisville, KY 40202				
Louisiana	Bill Cassidy (2026)	Chair: Health, Education, Labor, and Pensions - Finance - Energy and Natural Resources - Veterans' Affairs	DC: 202-224-5824 In state: Alexandria: (318) 448-7176 Baton Rouge: (225) 929-7711 Lafayette: (337) 261-1400 Lake Charles: (337) 602-7253 Metairie: (504) 838-0130 Monroe: (318) 324-2111 Shreveport: (318) 798-3215 Fax: 318-448-5175, (225) 383-3768, (337) 261-1490, (504) 838-0133, (318) 324-2197, (318) 798-8473	401 Market St Suite 1018 Shreveport, LA 71101	https://www.cassidy.senate.gov/contact/get-in-touch/	Louisiana	John Kennedy	- Appropriations - Banking, Housing, and Urban Affairs - Budget - Judiciary	DC: 202-224-4623 In state: Baton Rouge: 225-926-8033 Lafayette: 337-269-5980 Lake Charles: 337-573-6800 Houma: 985-851-0956 Mandeville: 985-809-8153 New Orleans: 504-581-6190 Shreveport: 318-670-5192 Monroe: 318-361-1489 Alexandria: 318-445-2892	1611 Arnold Drive Suite 126 Alexandria, LA 71303	https://www.kennedy.senate.gov/public/email-me-form	1611 Arnold Drive Suite 112 Alexandria, LA 71303				
Maine	Susan Collins (2026)	Chair: Appropriations - Health, Education. Labor, and Pensions - Intelligence	DC: 202-224-2523 In state: Augusta: (207) 622-8414 Bangor: (207) 945-0417 Biddeford: (207) 283-1101 Caribou: (207) 493-7873 Lewiston: (207) 784-6969 Portland: (207) 618-5560	200 Middle Street, Suite 801 Portland, ME 04101	https://www.collins.senate.gov/contact/email-senator-collins	Maine	Angus King (I)	- Veterans' Affairs - Intelligence - Armed Services - Energy and Natural Resources	DC: 202-224-5344 In state: Augusta: (207) 622-8292 Bangor: (207) 945-8000 Biddeford: (207) 352-5216 Portland: (207) 245-1565 Presque Isle: (207) 764-5124	202 Harlow St., Suite 20350 Bangor, ME 04401	https://www.king.senate.gov/contact	160 Main Street Biddeford, ME 04005				
Maryland	Chris Van Hollen	- Appropriations - Foreign Relations - Banking, Housing, & Urban Affairs - Budget	DC: 202-224-4654 In state: Baltimore: (667) 212-4610 Montgomery County: 301) 545-1500 State Capital: (410) 263-1325 Prince George's/Southern Maryland: (301) 322-6560 Western Maryland: (301) 797-2826 Eastern Shore: (410) 221-2074 Fax: (202) 228-0629, 301-545-1512	60 West Street Suite 107 Annapolis, MD 21401	https://www.vanhollen.senate.gov/contact/email	Maryland	Angela Alsobrooks	- Environment - Aging - Banking - Health, Education, Labor and Pensions	DC: 202-224-4524 In state: All offices: 301-860-0414	10201 Martin Luther King Jr Hwy Suite 210 Bowie, MD 20720	https://www.alsobrooks.senate.gov/share-your-opinion/	1040 Park Avenue Suite 120, Baltimore, MD 21201				
Massachusetts	Ed Markey (V) (2026)	Ranking Member: Small Business and Entrepreneurship - Commerce, Science and Transportation - Environment and Public Works - Health, Education, Labor and Pensions	DC: 202-224-2742 In state: Boston: (617) 565-8519 Springfield: (413) 785-4610	1550 Main Street 4th Floor Springfield, MA 01103	https://www.markey.senate.gov/contact/share-your-opinion	Massachusetts	Elizabeth Warren	Ranking Member: Banking, Housing, and Urban Affairs - Finance - Aging - Armed Services	DC: 202-224-4543 In state: Boston: (617) 565-3170 Springfield: (413) 788-2690	2400 JFK Federal Building 15 New Sudbury Street Boston, MA 02203	https://www.warren.senate.gov/contact/email-me	15 New Sudbury St Boston, MA 02203				

	If there is a (V) after a name, they are a Veteran	**How to print:** highlight a chunk of cells, File, Print (or Download as PDF), Print Selected/Highlighted Cells - then chunk another set.	How to take action: https://whiteroseresistance.org/take-action/ https://democracy.dk/	**Use the 5 Calls app (or https://5calls.org/) to help with scripts and finding your reps**	**If there is a (2026) after their name, it means there's a vote for the seat in 2026**	**House Reps, Cabinet and News are on different tabs at the bottom**	Another resource, especially for Town Halls: Citizens' Impeachment	Another resource: https://actionnetwork.org/email-tool/ Also: https://www.govtrack.us/ to track activities in Congress and the White House	https://indivisible.org/ Highly recommend this website for events and support Resist Bot is helpful and fast too, but only sends letters to those in your state https://resist.bot/	Card Campaign for Democracy Great resources to send pre-made cards, or print and distribute https://faxzero.com/ send 5 free faxes/day - Fax takes more work in the office. Some Senators didn't have a fax number	Great weekly discussions here: https://www.mobilize.us/indivisible/event/773746/	**Address to use when sending an email in the state for higher chance of email being read/responded - these addresses are one of the office buildings for a Senator in that state (I do not know if this is the right thing to do...however we need to be heard in mass volume so I leave it to you to decide)**	Remember: You can protest with a sign outside an office that says: Explain your vote. Sign up for a general strike: generalstrikeus.com			
State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or gpo.com **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**	**State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information**	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or gpo.com **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**		**Message the White House** https://www.whitehouse.gov/contact/ Comment Phone: 202-456-1111 Primary Phone: 202-456-7041			
Michigan	Gary Peters (V) (2026)	Ranking Member: Homeland Security and Governmental Affairs - Appropriations - Armed Services - Commerce, Science, and Transportation	DC: 202-224-6221 In state: Detroit: (313) 226-6020 Flint: (989) 754-0112 Grand Rapids: (616) 233-9150 Lansing: (517) 377-1508 Marquette: (906) 226-4554 Pontiac: (248) 608-8040 Traverse City: (231) 947-7773	Patrick V. McNamara Federal Building 477 Michigan Avenue Suite 1837 Detroit, MI 48226	https://www.peters.senate.gov/contact/email-gary	Michigan	Elissa Slotkin (V)	- Armed Services - Homeland Security and Government Affairs - Agriculture, Nutrition and Forestry - Veterans' Affairs	DC: 202-224-4822 In state: Detroit: 313-961-4330 Flint: 810-720-4172 Lansing: 517-203-1760 Traverse City: 231-929-1031 Grand Rapids: 616-975-0052	315 W. Allegan Street Suite 207 Lansing, MI 48933	https://www.slotkin.senate.gov/contact-your-senator/	416 N Saginaw Street. Suite 222 Flint, MI 48502				
Minnesota	Amy Klobuchar	Chair: Senate Democratic Steering and Policy Ranking Member: Agriculture, Nutrition, and Forestry - Judiciary - Commerce, Science, and Transportation - Joint Economic - Rules and Administration	DC: 202-224-3244 In state: Metro: 612-727-5220 Southern: 507-288-5321 Northwestern/Central: 218-287-2219 Northeastern: 218-741-9690 Fax: 202-224-1792	Olcott Plaza, Room 105 820 9th Street North Virginia, MN 55792	https://www.klobuchar.senate.gov/public/index.cfm/e-mail-amy	Minnesota	Tina Smith (2026)	- Agriculture, Nutrition and Forestry - Banking, Housing, and Urban Affairs - Finance - Indian Affairs	DC: 202-224-5641 In state: Saint Paul: (651) 221-1016 Rochester: (507) 218-2003 Moorhead: (218) 284-8721 Duluth: (218) 722-2390	515 W. 1st Street Suite 104 Duluth, MN 55802	https://www.smith.senate.gov/share-your-opinion/	121 4th Street South Moorhead, MN 56560				
Mississippi	Roger Wicker (V)	Cochairman: Commission on Security and Cooperation in Europe Chair: Armed Services - Commerce, Science, and Transportation - Environment and Public Works - Rules and Administration - Intelligence	DC: 202-224-6253 In state: Gulfport: (228) 871-7017 Hernando: (662) 429-1002 Jackson: (601) 965-4644 Tupelo: (662) 844-5010	2909 13th Street 3rd Floor, Suite 303 Gulfport, MS 39501	https://www.wicker.senate.gov/email-me	Mississippi	Cindy Hyde-Smith (2026)	- Agriculture, Nutrition and Forestry - Appropriations - Energy and Natural Resources - Rules and Administration	DC: 202-224-5054 In state: Jackson: (601) 965-4459 Gulfport: (228) 867-9710 Oxford: (662) 236-1018 Brookhaven: (601) 748-8024 Fax: (202) 224-5321, 202-228-6004, (228) 867-9789, (662) 236-7618, (202) 224-7444	1020 Highland Colony Parkway Suite 203 Ridgeland, MS 39157	https://www.hydesmith.senate.gov/contact-senator	2012 15th St Suite 451 Gulfport, MS 39501				
Missouri	Josh Hawley	- Judiciary - Homeland Security and Governmental Affairs - Health, Education, Labor and Pensions - Small Business and Entrepreneurship	DC: 202-224-6154 In state: Columbia: 573-554-1919 Kansas City: 816-960-4694 Springfield: 417-869-4433 St. Louis: 314-354-7060 Cape Girardeau: 573-334-5995 Fax: 202-228-0526, 573-334-5947, 573-256-1805, 1 314-436-8534, 573-334-5947	400 E. 9th Street, Suite 9350 Kansas City, MO 64106	https://www.hawley.senate.gov/contact-senator-hawley/	Missouri	Eric Schmitt	Vice Chair, Joint Economic Committee - Armed Services - Commerce, Science, and Transportation - Judiciary	DC: 202-224-5721 In state: Columbia: 573-514-8680 Springfield: 417-290-5000 Kansas City: 816-849-6234 Cape Girardeau: 573-388-8340 St. Louis: 314-230-7263	1123 Wilkes Boulevard Suite 320 Columbia, MO 65201	https://www.schmitt.senate.gov/contact/share-your-opinion/	555 Independence Street, #1600 Cape Girardeau, MO 63703				
Montana	Steve Daines (2026)	- Finance - Foreign Affairs - Energy and Natural Resources - Indian Affairs	DC: 202-224-2651 In state: Bozeman: (406) 587-3446 Great Falls: (406) 453-0148 Helena: (406) 443-3189 Billings: (406) 245-6822 Missoula: (406) 549-8198 Kalispell: (406) 257-3765 Sidney: (406) 482-9010 Fax: 202-228-1236, 406-219-2354, 406-453-5379, 406-443-3306, 406-245-1607, 406-549-0905, 406-482-9059	218 East Front Street, Suite 103 Missoula, MT 59802	https://www.daines.senate.gov/services/email-steve/	Montana	Tim Sheehy (V)	- Armed Services - Commerce, Science and Transportation - Veterans' Affairs	DC: 202-224-2644 In state: Kalispell: 406-257-3398 Billings: 406-252-0559 Great Falls: 406-452-9587 Bozeman: 406-872-6350 Helena: 406-441-1069 Butte: 406-782-2048 Missoula: 406-218-2658	119 1st Avenue, North, Suite 102 Great Falls, MT 59401	https://www.sheehy.senate.gov/share-your-opinion/	104 4th Street North, Suite 302 Great Falls, MT 59401				
Nebraska	Deb Fischer (2026)	- Armed Services - Commerce, Science, and Transportation - Agriculture, Nutrition, and Forestry - Rules and Administration - Ethics - Appropriations	DC: 202-224-6551 In state: Lincoln: (402) 441-4600 Omaha: (402) 391-3411 Kearney: (308) 234-2361 Scottsbluff: (308) 630-2329 Fax: (202) 228-1232, 402-476-8753, (402) 391-4725, (308) 214-3684, (308) 630-2321	11819 Miracle Hills Drive Suite 205 Omaha, Nebraska 68154	https://www.fischer.senate.gov/public/index.cfm/email-deb	Nebraska	Pete Ricketts (2026)	- Environment and Public Works - Foreign Relations - Banking, Housing and Urban Affairs - Budget	DC: 202-224-4224 In state: Scottsbluff: (308) 632-6032 Lincoln: (402) 476-1400 Kearney: (308) 233-3677 Omaha: (402) 550-8040	4111 4th Ave., Suite 26 Kearney, NE 68845	https://www.ricketts.senate.gov/contact/share-your-opinion/	20 West 23rd Street Kearney, Nebraska 68847				
Nevada	Catherine Cortez Masto	- Finance - Banking, Housing, and Urban Affairs - Energy and Natural Resources - Indian Affairs	DC: 202-224-3542 In state: Las Vegas: (702) 388-5020 Reno: (775) 686-5750 Rural Mobile: (775) 225-1457 Fax: 702-388-5030, (775) 686-5757	400 South Virginia St. Suite 902 Reno, NV 89501	https://www.cortezmasto.senate.gov/contact/connect/	Nevada	Jacky Rosen	- Armed Services - Foreign Relations - Commerce, Science, and Transportation - Small Business and Entrepreneurship	DC: 202-224-6244 In state: Las Vegas: 702-388-0205 Reno: 775-337-0110	Lloyd D. George U.S. Courthouse 333 Las Vegas Boulevard South Suite 8203	https://www.rosen.senate.gov/email-jacky/	333 Las Vegas Boulevard South Suite 8016 Las Vegas, NV 89101				
New Hampshire	Jeanne Shaheen (2026)	Ranking Member: Foreign Relations - Appropriations - Armed Services - Small Business	DC: 202-224-2841 In state: Claremont: (603) 542-4872 Keene: (603) 358-6604 Nashua: (603) 883-0196 Berlin: (603) 752-6300 Dover: (603) 750-3004 Manchester: (603) 647-7500	2 Wall Street, Suite 220 Manchester, NH 03101	https://www.shaheen.senate.gov/contact/contact-jeanne	New Hampshire	Maggie Hassan	Ranking Member: Joint Economic - Homeland Security and Governmental Affairs - Health, Education, Labor, and Pensions - Finance - Veterans' Affairs	DC: 202-224-3324 In state: Manchester: (603) 622-2204 Portsmouth: (603) 433-4445 Berlin: (603) 752-6190 Concord: (603) 622-2204	14 Manchester Square Suite 281 Portsmouth, NH 03801	https://www.hassan.senate.gov/contact/email	961 Main Street Berlin, NH 03570				
New Jersey	Cory Booker (2026)	- Foreign Relations - Judiciary - Small Business and Entrepreneurship - Agriculture, Nutrition, and Forestry	DC: 202-224-3224 In state: Newark: (973) 639-8700 Camden: (856) 338-8922 Fax: 202-224-5102, (202) 224-5702, (202) 224-5701	One Gateway Center 21rd Floor Newark, NJ 07102	https://www.booker.senate.gov/contact/write-to-cory/form	New Jersey	Andy Kim	- Banking, Housing, and Urban Affairs - Commerce, Science, and Transportation - Health, Education, Labor, and Pensions - Homeland Security and Governmental Affairs - Aging	DC: 202-224-4744 In state: Barrington: (856) 757-5353 Jersey City: (201) 377-0900	208 White Horse Pike Suite 18 Barrington, NJ 08007	https://www.kim.senate.gov/contact/#share-thoughts	One Gateway Center 21rd Floor Newark, NJ 07102				
New Mexico	Martin Heinrich	Ranking Member: Energy and Natural Resources - Joint Economic - Appropriations - Intelligence	DC: 202-224-5521 In state: Albuquerque: (505) 346-6601 Las Cruces: (575) 523-6561 Santa Fe: (505) 988-6647 Farmington: (505) 325-5030 Roswell: (575) 622-7113 Fax: (202) 228-2841, 505-346-6780, (575) 523-6584, (505) 992-8435, (509) 325-6035, (575) 622-3538	400 Gold Avenue SW, Ste. 1080 Albuquerque, NM 87102	https://www.heinrich.senate.gov/contact/write-martin/form	New Mexico	Ben Lujan (2026)	- Agriculture, Nutrition, and Forestry - Commerce, Science, and Transportation - Finance - Indian Affairs - Budget	DC: 202-224-6621 In state: Albuquerque: 505-337-7023 Las Cruces: 575-288-4644 Las Vegas: 505-398-9465 Portales: 575-252-6188 Santa Fe: 505-230-7040 Fax: 202-224-3370, 833-907-0888, 833-702-2620, 833-702-2621	120 South Federal Place Suite 302 Santa Fe, NM 87501	https://www.lujan.senate.gov/contact/contact-form/	400 Gold Avenue SW, Ste. 1080 Albuquerque, NM 87102				

	If there is a (V) after a name, they are a Veteran	**How to print:** highlight a chunk of cells, File, Print (or Download as PDF), Print Selected/Highlighted Cells - then chunk another set.	How to take action: https://whiteroseresistance.org/take-action/ https://democracy.dly/	**Use the 5 Calls app (or https://5calls.org/) to help with scripts and finding your reps**	If there is a (2026) after their name, it means there's a vote for the seat in 2026	**House Reps, Cabinet and News are on different tabs at the bottom**	Another resource, especially for Town Halls: Citizens' Impeachment	Another resource: https://actionnetwork.org/email-tool/ Also: https://www.govtrack.us/ to track activities in Congress and the White House	https://indivisible.org/ Highly recommend this website for events and support Resist Bot is helpful and fast too, but only sends letters to those in your state https://resist.bot/	Card Campaign for Democracy Great resources to send pre-made cards, or print and distribute https://faxzero.com/ send 5 free faxes/day - Fax takes more work in the office. Some Senators didn't have a fax number	Great weekly discussions here: https://www.mobilize.us/indivisible/event/773746/	**Address to use when sending an email in the state for higher chance of email being read/responded - these addresses are one of the office buildings for a Senator in that state (I do not know if this is the right thing to do...however we need to be heard in mass volume so I leave it to you to decide)**	Remember: You can protest with a sign outside an office that says: Explain your vote. Sign up for a general strike: generalstrikeus.com			
State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**	**State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information**	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**		**Message the White House** https://www.whitehouse.gov/contact/ Comment Phone: 202-456-1111 Primary Phone: 202-456-7041			
New York	Kirsten Gillibrand	Ranking Member: Special Committee on Aging - Appropriations - Armed Services - Intelligence	DC: 202-224-4451 In state: Albany: (518) 431-0120 Buffalo: (716) 854-9725 Long Island: (631) 249-2825 Lower Hudson Valley: (845) 875-4385 North Country: (315) 376-6118 New York City: (212) 688-6262 Rochester: (585) 263-6250 Syracuse: (315) 448-0470 Fax: 202-224-0038, (866) 824-6340	Larkin At Exchange 726 Exchange St Ste 511 Buffalo, NY 14210	https://www.gillibrand.senate.gov/contact/email-me/	New York	Chuck Schumer	- Rules and Administration - Intelligence	DC: 202-224-6542 In state: Albany: (518) 431-4070 Binghamton: (607) 772-6792 Buffalo: (716) 846-4111 Melville: (631) 753-0978 New York City: (212) 486-4430 Peekskill: (914) 734-1532 Rochester: (585) 263-5866 Syracuse: (315) 423-5471 Fax: (202) 228-3027, 518-431-4076, (607) 772-8124, (716) 846-4113, (631) 391-9068, (202) 228-2838, (914) 734-1673, (585) 263-3173, (315) 423-5185	780 Third Avenue, Suite 2301 New York, NY 10017	https://www.schumer.senate.gov/contact/message-chuck	11A Clinton Ave, Rm 821 Albany, NY 12207				
North Carolina	Thom Tillis (2026)	- Security and Cooperation in Europe - Banking, Housing and Urban Affairs - Finance - Judiciary - Veterans' Affairs	DC: 202-224-6342 In state: Charlotte: (704) 509-9087 Greenville: (252) 329-0371 Hendersonville: (828) 693-8750 Greensboro: (336) 885-0685 Raleigh: (919) 856-4630 Fax: (202) 228-2563, 704-509-9162, (252) 329-0290, (828) 693-9724, (336) 885-0692, (919) 856-4053	310 New Bern Avenue Suite 122 Raleigh, NC 27601	https://www.tillis.senate.gov/email-me	North Carolina	Ted Budd	- Armed Services - Commerce, Science and Transportation - Small Business and Entrepreneurship - Joint Economic - Intelligence	DC: 202-224-3154 In state: Advance: 336-941-4470 Asheville: 828-333-4130 Raleigh: 984-349-5061 Wilmington: 910-218-7600	151 Patton Ave. Suite 204 Asheville, NC 28801	https://www.budd.senate.gov/contact/ Email will bounce back saying it won't be read if not a North Carolina address	310 New Bern Ave Suite 122 Raleigh, NC 27601				
North Dakota	John Hoeven	- Agriculture, Nutrition and Forestry - Appropriations - Energy and Natural Resources - Indian Affairs	DC: 202-224-2551 In state: Bismarck: 701-250-4618 Fargo: 701-239-5389 Grand Forks: 701-746-8972 Minot: 701-838-1361 Western North Dakota: 701-609-2727 Fax: 701-250-4484, 202-228-5112, 701-838-1381	U.S. Federal Building 220 East Rosser Ave. Room 312 Bismarck, ND 58501	https://www.hoeven.senate.gov/contact/email-the-senator/form	North Dakota	Kevin Cramer	- Armed Services - Banking, Housing and Urban Affairs - Environment and Public Works - Veterans' Affairs	DC: 202-224-2043 In state: Fargo: (701) 232-5094 Minot: (701) 837-6141 Bismarck: (701) 204-0500 Grand Forks: (701) 402-4540 Williston: (701) 441-7230	306 Federal Building 657 Second Avenue N Fargo, ND 58102	https://www.cramer.senate.gov/contact/contact-kevin	204 N. Main St. #516 Watford City, ND 58854				
Ohio	Bernie Moreno	- Banking, Housing and Urban Affairs - Commerce, Science and Transportation - Homeland Security and Governmental Affairs - Budget - Caucus on International Narcotics Control	DC: 202-224-2315 In state: Columbus: (614) 469-2083 Cleveland: (216) 522-7272 Cincinnati: (513) 684-1021	John W. Peck Federal Building 550 Main Street, Ste 10-273 Cincinnati, OH 45202	https://www.moreno.senate.gov/share-your-opinion/	Ohio	Jon Husted (2026)	- Environment and Public Works - Health, Education, Labor and Pensions - Small Business Entrepreneurship - Aging	DC: 202-224-3353 In state: Toledo: 567-304-3777 Columbus: 614-369-4925 Middletown: 513-318-1100 Cleveland: 216-539-7877	420 Madison Avenue Suite 1210 Toledo, OH 43604	https://www.husted.senate.gov/contact-jon/	200 North High Street, Room 618 Columbus, OH 43215				
Oklahoma	James Lankford (2026)	Chair: Ethics - Finance - Homeland Security and Governmental Affairs - Intelligence	DC: 202-224-5754 In state: Oklahoma City: (405) 231-4941 Tulsa: (918) 581-7651	401 South Boston Avenue Suite 2150 Tulsa, OK 74103	https://www.lankford.senate.gov/contact/email/	Oklahoma	Markwayne Mullin (2026)	- Appropriations - Armed Services - Health, Education, Labor and Pensions - Indian Affairs	DC: 202-224-4721 In state: Tulsa: (918) 921-8520 Oklahoma City: 405-246-0025	621 N Robinson Ave Suite 401 Oklahoma City, OK 73102	https://www.mullin.senate.gov/contact/contact-my-office/	1015 N Broadway Ave, Oklahoma City, OK 73102				
Oregon	Jeff Merkley	Ranking Member: Budget - Appropriations - Environment and Public Works - Foreign Relations - Rules and Administration - Printing	DC: 202-224-3753 In state: Baker City: (541) 278-1129 Bend: (541) 318-1298 Eugene: (541) 465-6750 Medford: (541) 608-9102 Portland: (503) 326-3386 Salem: (503) 362-8102 Fax: 202-228-3997, (202) 224-2073	121 SW Salmon Street Suite 1400 Portland, OR 97204	https://www.merkley.senate.gov/connect/contact/	Oregon	Ron Wyden	Ranking Member: Finance - Energy and Natural Resources - Budget - Taxation - Intelligence	DC: 202-224-5244 In state: Portland: (503) 326-7525 Salem: (503) 589-4555 Eugene: (541) 431-0229 Bend: (541) 330-9142 Medford: (541) 858-5122 Fax: 202-228-2717	707 13th St., SE Suite 285 Salem, OR, 97301	https://www.wyden.senate.gov/contact/email-ron	121 SW Salmon St, Portland, OR 97204				
Pennsylvania	John Fetterman	- Security and Cooperation in Europe - Agriculture, Nutrition and Forestry - Commerce, Science and Transportation - Homeland Security and Governmental Affairs	DC: 202-224-4254 In state: Philadelphia: (215) 241-1090 Erie: (814) 453-3010 Wilkes-Barre: (570) 820-4088 Pittsburgh: (412) 803-3501	200 Chestnut Street, Suite 600 Philadelphia, PA 19106	https://www.fetterman.senate.gov/contact/	Pennsylvania	Dave McCormick	- Banking, Housing and Urban Affairs - Energy and Natural Resources - Foreign Relations - Joint Economic - Aging	DC: 202-224-6324 In state numbers: Harrisburg: 717-231-7540 Pittsburgh: 412-803-7370 Erie: 814-240-5213 State College: 814-357-0314 Philadelphia: 215-405-9660 Allentown: 610-782-9470 Scranton: 570-941-0930	310 Grant Street Suite 2415 Pittsburgh, PA, 15219	https://www.mccormick.senate.gov/share-your-opinion/	200 Chestnut Street, Suite 600 Philadelphia, PA 19106				
Rhode Island	Sheldon Whitehouse	Ranking Member: Environment and Public Works - Finance - Budget - Judiciary	DC: 202-224-2921 In state: Providence: (401) 453-5294 Fax: (202) 228-6362, 401-453-5085	170 Westminster St., Ste. 200 Providence, RI 02903	https://www.whitehouse.senate.gov/contact/email-sheldon/	Rhode Island	Jack Reed (V) (2026)	Ranking Member: Armed Services - Appropriations - Banking, Housing and Urban Affairs - Intelligence	DC: 202-224-4642 In state: Cranston: (401) 943-3100 Providence: (401) 528-5200 Fax: (202) 224-4680, 401-464-6837	1000 Chapel View Boulevard Suite 290 Cranston, RI 02920-5602	https://www.reed.senate.gov/contact/e-mail	170 Westminster St., Ste. 200 Providence, RI 02903				
South Carolina	Lindsey Graham (V) (2026)	Chair: Budget - Appropriations - Environment and Public Works - Judiciary	DC: 202-224-5972 In state numbers: Upstate: (864) 250-1417 Midlands: (803) 933-0112 Pee Dee: (843) 669-1305 Lowcountry: (843) 849-3887 Piedmont: (803) 366-2828 Golden Corner: (864) 646-4090 Fax: (202) 224-3808, (864) 250-4322, (803) 933-0957, (843) 669-9015, (843) 971-3669, (803) 366-5353, (864) 646-8609	2142 Boyce Street, Suite 404 Columbia, SC 29201	https://www.lgraham.senate.gov/public/index.cfm?p=contact-form	South Carolina	Tim Scott	Chair: Banking, Housing, and Urban Affairs - Finance - Health, Education, Labor and Pensions - Small Business and Entrepreneurship	DC: 202-224-6121 In state numbers: Midlands: (803) 771-6112 Upstate: (864) 233-5366 Low Country: (843) 727-4525 Fax: (202) 228-5143, 855-802-9355	301 N. Main Street Suite 1006 Greenville, SC 29601	https://www.scott.senate.gov/contact/e-mail-me/	2 West Washington Street, Suite 808 Greenville, SC 29601				
South Dakota	John Thune	- Agriculture, Nutrition and Forestry - Commerce, Science and Transportation - Finance - Intelligence	DC: 202-224-2321 In state numbers: Aberdeen: (605) 225-8823 Sioux Falls: (605) 334-9596 Rapid City: (605) 348-7551 Fax: 202-228-5429	205 6th Avenue SE Suite 202 Aberdeen, SD 57401	https://www.thune.senate.gov/public/index.cfm/contact	South Dakota	Mike Rounds (2026)	- Appropriations - Armed Services - Banking, House and Urban Affairs - Indian Affairs - Intelligence	DC: 202-224-5842 In state numbers: Pierre: (605) 224-1450 Rapid City: (605) 343-5035 Sioux Falls: (605) 336-0486 Aberdeen: (605) 225-0366 Fax: (202) 224-7482, (605) 224-1379, 605-343-5348, (605) 336-6624	320 N Main Ave., Suite A Sioux Falls, SD 57104	https://www.rounds.senate.gov/contact/email-mike	205 6th Avenue SE Suite 202 Aberdeen, SD 57401				

	If there is a (V) after a name, they are a Veteran	**How to print:** highlight a chunk of cells, File, Print (or Download as PDF), Print Selected/Highlighted Cells - then chunk another set.	How to take action: https://whiteroseresistance.org/take-action/ https://democracy.dly/	**Use the 5 Calls app (or https://5calls.org/) to help with scripts and finding your reps**	If there is a (2026) after their name, it means there's a vote for the seat in 2026	**House Reps, Cabinet and News are on different tabs at the bottom**	Another resource, especially for Town Halls: Citizens' Impeachment	Another resource: https://actionnetwork.org/email-tool/ Also: https://www.govtrack.us/ to track activities in Congress and the White House	https://indivisible.org/ Highly recommend this website for events and support Resist Bot is helpful and fast too, but only sends letters to those in your state https://resist.bot/	Card Campaign for Democracy Great resources to send pre-made cards, or print and distribute https://faxzero.com/ send 5 free faxes/day - Fax takes more work in the office. Some Senators didn't have a fax number	Great weekly discussions here: https://www.mobilize.us/indivisible/event/773746/	**Address to use when sending an email in the state for higher chance of email being read/responded - these addresses are one of the office buildings for a Senator in that state (I do not know if this is the right thing to do...however we need to be heard in mass volume so I leave it to you to decide)**	Remember: You can protest with a sign outside an office that says: Explain your vote. Sign up for a general strike: generalstrikeus.com			
State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**	**State (2 Senators listed in each row) Each state has a link to a spreadsheet with only that state's information**	**Senator** Red - Republican Blue - Democrat White - Independent	**Committees**	**Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)**	Mailing Address in state listed below, or 5calls.org **use the following for ALL Senators:** The Honorable _____ (name) United States Senate Washington DC, 20510	**Email**		**Message the White House** https://www.whitehouse.gov/contact/ Comment Phone: 202-456-1111 Primary Phone: 202-456-7041			
Tennessee	Marsha Blackburn	- Commerce, Science and Transportation - Finance - Judiciary - Veterans' Affairs - Joint Economic	DC: 202-224-3344 In state numbers: Memphis: (901) 527-9199 Jackson: (731) 660-3971 Nashville: (629) 800-6600 Chattanooga: (423) 541-2939 Knoxville: (865) 540-3781 Tri-cities: (423) 753-4009 Fax: (202) 228-0566, (901) 527-9515, (731) 660-3978, 615-298-248, (423) 541-2944, (865) 540-7952, (423) 788-0250	100 Peabody Place Suite 1125 Memphis, TN 38103	https://www.blackburn.senate.gov/email-me	Tennessee	Bill Hagerty (2026)	- Appropriations - Banking, Housing and Urban Affairs - Foreign Relations - Rules and Administration - Printing	DC: 202-224-4944 In state numbers: Memphis: 901-544-4224 Jackson: 731-234-9358 Nashville: 615-736-5129 Cookeville: 931-400-7080 Chattanooga: 423-752-5337 Knoxville: 865-545-4253 Tri-Cities: 423-325-6240 Fax: 731-664-3129, 615-269-4803, 423-752-2504, 865-545-4252, 423-325-6236	Ed Jones Federal Building 109 S.Highland Avenue Suite 216 Jackson, TN 38301	https://www.hagerty.senate.gov/email-me/	100 Peabody Place Suite 1125 Memphis, TN 38103				
Texas	John Cornyn (2026)	- Finance - Foreign Relations - Budget - Judiciary - Taxation - Intelligence - Caucus on International Narcotics Control	DC: 202-224-2934 In state numbers: Houston: 713-572-3337 Harlingen: 956-423-0162 Lubbock: 806-472-7533 Dallas: 972-239-1310 San Antonio: 210-224-7485 Tyler: 903-593-0902 Austin: 512-469-6034	600 Navarro Suite 210 San Antonio, TX 78205	https://www.cornyn.senate.gov/share-opinion/	Texas	Ted Cruz	Chair: Commerce, Science, and Transportation	DC: 202-224-5922 In state numbers: Central (Austin): (512) 916-5834 North: (214) 599-8749 Southeast: (713) 718-3057 South/Central (San Antonio): (210) 340-2885 East: (903) 593-5130 South: (956) 686-7339	Lee Park Tower II 3626 N. Hall St., Suite 410 Dallas, TX 75219	https://www.cruz.senate.gov/contact/write-ted/form	5300 Memorial Drive Suite 710 Houston, TX 77007				
Utah	Mike Lee	Chair: Energy and Natural Resources - Energy and Natural Resources - Foreign Relations - Budget - Judiciary	DC: 202-224-5444 In state numbers: Ogden: 801-392-9633 Salt Lake City: 801-524-5933 St. George: 435-628-5514 Vernal: 435-503-9335 Fax: 801-392-9630, 801-524-5730	Office of Senator Michael S. Lee 111 East Tabernacle Street, Suite #324 St. George, UT 84770	https://www.lee.senate.gov/contact	Utah	John Curtis	- Commerce, Science and Transportation - Environment and Public Works - Foreign Relations - Small Business and Entrepreneurship	DC: 202-224-5251 In state numbers: Provo: 801-841-2665 Salt Lake City: 801-524-4380	125 S. State Street Suite 8402 Salt Lake City, Utah 84138	https://www.curtis.senate.gov/share-your-opinion/	374 East Main Street Suite 261 Vernal, UT 84078				
Vermont	Bernie Sanders (I)	Ranking Member: Health, Education, Labor, and Pensions - Environment and Public Works - Finance - Budget - Veterans' Affairs	DC: 202-224-5141 In state: Burlington: 802-862-0697 Fax: 202-228-0776, 802-860-6370	1 Church St. 3rd Floor, Burlington, VT 05401	https://www.sanders.senate.gov/contact/contact-form/	Vermont	Peter Welch	- Agriculture, Nutrition and Forestry - Finance - Rules and Administration - Judiciary	DC: 202-224-4242 In state: Burlington: 802-863-2525 Fax: 202-228-7575	199 Main Street, 4th Floor Burlington, VT 05401	https://www.welch.senate.gov/email-peter/	1 Church St. 3rd Floor, Burlington, VT 05401				
Virginia	Mark Warner (2026)	Ranking Member: Intelligence - Banking, Housing and Urban Affairs - Finance - Rules and Administration - Budget	DC: 202-224-2023 In state: Abingdon: 276-628-8158 Norfolk: 757-441-3079 Richmond: 804-775-2314 Vienna: 703-442-0670 Roanoke: 540-857-2676	919 East Main Street Suite 630 Richmond, VA 23219	https://www.warner.senate.gov/public/index.cfm?p=ContactPage	Virginia	Tim Kaine	- Armed Services - Foreign Relations - Health, Education, Labor and Pensions - Budget	DC: 202-224-4024 In state: Richmond: (804) 771-2221 Roanoke: (540) 682-5693 Virginia Beach: (757) 518-1674 Manassas: (703) 361-3192 Abingdon: (276) 525-4790 Fredericksburg: (540) 369-7667 Fax: (202) 228-6363	611 S. Jefferson Street, Suite 5B Roanoke, VA 24011	https://www.kaine.senate.gov/contact/share-your-opinion	180 West Main Street Abingdon, VA 24210				
Washington	Maria Cantwell	Ranking Member: Commerce, Science and Transportation - Energy and Natural Resources - Finance - Indian Affairs - Small Business and Entrepreneurship - Taxation	DC: 202-224-3441 In state: Seattle: (206) 220-6400 Spokane: (509) 353-2507 Tacoma: (253) 572-2281 Everett: (425) 303-0114 Vancouver: (360) 696-7838 Richland: (509) 946-8106 Fax: (202) 228-0514, (206) 220-6404, (509) 353-2547, 253-572-5879, (425) 303-8351, (360) 696-7844, (509) 946-6937	915 Second Avenue, Suite 3206 Seattle, WA 98174	https://www.cantwell.senate.gov/contact/email/form	Washington	Patty Murray	Ranking Member: Appropriations - Health, Education, Labor and Pensions - Budget - Veterans' Affairs	DC: 202-224-2621 In state: Everett: (425) 259-6515 Richland: (509) 453-7462 Spokane: (509) 624-9515 Seattle: (206) 553-5545 Tacoma: (253) 572-3636 Vancouver: (360) 696-7797 Olympia: (360) 205-2878	771 Capitol Way Sound, Suite 502 Olympia, WA 98501	https://www.murray.senate.gov/write-to-patty/	1313 Officers Row Vancouver, WA 98661				
West Virginia	Shelley Capito (2026)	Chair: Environment and Public Works - Appropriations - Commerce, Science and Transportation - Rules and Administration	DC: 202-224-6472 In state: Charleston: 304-347-5372 Martinsburg: 304-262-9285 Morgantown: 304-292-2310	500 Virginia Street East Suite 950 Charleston, WV 25301	https://www.capito.senate.gov/contact/contact-my-office	West Virginia	Jim Justice	- Agriculture, Nutrition and Forestry - Energy and Natural Resources - Small Business and Entrepreneurship - Aging	DC: 202-224-3954 In state: Charleston: 304-342-5855	900 Pennsylvania, Suite 629 Charleston, WV 25302	https://www.justice.senate.gov/share-your-opinion/	500 Virginia Street East Suite 950 Charleston, WV 25301				
Wisconsin	Tammy Baldwin	- Appropriations - Commerce, Science and Transportation - Health, Education, Labor and Pensions	DC: 202-224-5653 In state: Madison: (608) 264-5338 Milwaukee: (414) 297-4451 Green Bay: (920) 498-2668 Ladysmith: (715) 832-8424 La Crosse: (608) 796-0045	30 West Mifflin Street, Suite 700 Madison, WI 53703	https://www.baldwin.senate.gov/contact/contact-tammy Can only email if Wisconsin zipcode	Wisconsin	Ron Johnson	- Finance - Homeland Security and Governmental Affairs - Budget - Aging	DC: 202-224-5323 In state: Milwaukee: (414) 276-7282 Madison: (608) 240-9629 Oshkosh: (920) 230-7250 Fax: (202) 228-6965, 414-276-7284, (608) 240-9646, (920) 230-7262	219 Washington Avenue Suite 100 Oshkosh, WI 54901	https://www.ronjohnson.senate.gov/email-the-senator	30 West Mifflin Street, Suite 700 Madison, WI 53703				
Wyoming	John Barrasso (2026)	- Energy and Natural Resources - Finance - Foreign Relations	DC: 202-224-6441 In state: Casper: 307-261-6413 Cheyenne: 307-772-2451 Riverton: 307-856-6642 Rock Springs: 307-362-5012 Sheridan: 307-672-6456 Fax: 202-224-1724	51 Coffeen Avenue Suite 202 Sheridan, WY 82801	https://www.barrasso.senate.gov/contact/contact-form/	Wyoming	Cynthia Lummis (2026)	- Banking, Housing and Urban Affairs - Commerce, Science and Transportation - Environment and Public Works	DC: 202-224-3424 In state: Casper: 307-261-6572 Cheyenne: 307-772-2477 Cody: 307-527-9444 Jackson: 307-886-6050 Star Valley: 307-248-1736 Sundance: 307-283-3461	Federal Center 2120 Capital Avenue Suite 2007 Cheyenne, WY 82001	https://www.lummis.senate.gov/contact/contact-form/	324 East Washington Ave Riverton, WY 82501				

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
Alabama	Terri Sewell	House Administration/Ways and Means	DC: 202-225-2665 In state: Birmingham: (205) 254-1960 Montgomery: (334) 262-1919 Selma: (334) 877-4414 Tuscaloosa: (205) 752-5380	https://sewell.house.gov/email-me	2501 7th Street Suite 300 Tuscaloosa, AL 35401
Scroll down and over for more states	Robert Aderholt	Appropriations	DC: 202-225-4876 In state: (256) 734-6043 (256) 546-0201 (205) 221-2310 (256) 381-3450 Fax: 202-225-5587	https://aderholt.house.gov/address_authentication?form=/contact-robert/write-me-about-a-policy-issue	205 4th Ave NE Suite 104 Cullman, AL 35055
If there is a (V) after a name, they are a Veteran	Shomari Figures	Agriculture/Transportation and Infrastructure	DC: 202-225-4931 In state: Montgomery: (334) 777-5700 Mobile: (251) 283-6280	https://figures.house.gov/address_authentication?form=/contact/email-me	150 Dexter Avenue Montgomery, AL 36104
	Barry Moore (V)	Agriculture/Judiciary	DC: 202-225-2901 In state: Mobile: (251) 264-6710 Foley: (251) 437-6310 Bay Minette: (251) 494-5151 Andalusia: (334) 428-1129 Dothan: (334) 547-6630 Fax: (334) 222-3342	https://barrymoore.house.gov/zip_authentication?form=/contact	116 Courthouse Square Bay Minette, AL 36507
	Gary Palmer	Oversight and Government Reform/Energy and Commerce	DC: 202-225-4921 In state: Millbrook: (334) 694-5140 Birmingham: (205) 968-1290 Fax: (202) 225-2082 (205) 968-1294	https://palmer.house.gov/address_authentication?form=/contact	3535 Grandview Parkway Suite 525 Birmingham, AL 35243
	Mike Rogers	Armed Services	DC: 202-225-3261 In state: Oxford: (256) 236-5655 Opelika: (334) 745-6221 Fax: (202) 226-8485 (771) 200-5538 (334) 742-0109	https://mikerogers.house.gov/contact/	149 East Hamric Drive, Suite D Oxford, AL 36203
	Dale Strong	Appropriations/Homeland Security	DC: 202-225-4801 In state: Decatur: (256) 355-9400 Huntsville: (256) 551-0190 Fax: (771) 200-5717	https://strong.house.gov/address_authentication?form=/contact	302 Lee Street NE Decatur, AL 35601
Alaska	Nicolas Begich	Natural Resources/Transportation and Infrastructure/Science, Space and Technology	DC: 202-225-5765 In state: Anchorage: (907) 921-6575 Fairbanks: (907) 251-4560	https://begich.house.gov/contact/email-me	542 4th Avenue #210 Fairbanks, AK 99701
American Samoa	Aumua Amata	Foreign Affairs/Natural Resources/Veterans' Affairs	DC: 202-225-8577 In state: (684) 633-3601 Fax: (202) 225-8757 (684) 633-3607	https://radewagen.house.gov/contact	1 Fagatogo Square Box 5859, Pagopago, AS 96799
Arizona	Eli Crane (V)	Oversight and Government Reform/Homeland Security	202-225-3361 In state: Prescott: (928) 286-5338	https://crane.house.gov/contact/	122 N. Cortez St. Suite 211 Prescott, AZ 86301
	Yassamin Ansari	Oversight and Government Reform/Natural Resources	DC: 202-225-4065 In state: Phoenix: (602) 956-2285	https://ansari.house.gov/address_authentication?form=/contact/email-me	3770 N 7th St Suite 100b Phoenix, AZ 85014
	Andy Biggs	Oversight and Government Reform/Judiciary	DC: 202-225-2635 In state: (480) 699-8239	https://biggs.house.gov/contact/email	2509 S. Power Rd. Mesa, AR 85209

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
	Juan Ciscomani	Appropriations/Veterans' Affairs	DC: 202-225-2542 In state: Sierra Vista: (520) 459-3115 Tucson: (520) 881-3588	https://ciscomani.house.gov/contact	
	Raul Grijalva (passed away mid March)			Vacant Spot	
	Paul Gosar	Oversight and Government Reform/Natural Resources	DC: 202-225-2315 In state: Goodyear: (623) 707-0530	https://gosar.house.gov/contact/ 1300 S. Litchfield Road Goodyear, AZ 85338	1300 S. Litchfield Road Suite 115-H Goodyear, AZ 85338
	Abraham Hamadeh (V)	Armed Services/Veterans' Affairs	DC: 202-225-4576 In state: Surprise: (623) 776-7911	https://hamadeh.house.gov/address_authentication?form=/contact/email-me 12515 W. Bell Rd. Surprise, AZ 85378	12515 W. Bell Road Suite 104 Surprise, AZ 85378
	David Schweikert	Ways and Means	DC: 202-225-2190 In state: Scottsdale: (480) 946-2411 Fax: (202) 225-0096 (480) 946-2446	https://schweikert.house.gov/email/ 14500 N Northsight Blvd. Scotsdale, AZ 85260	14500 N. Northsight Blvd. Ste. 221 Scottsdale, AZ 85260
	Greg Stanton	Foreign Affairs/Transportation and Infrastructure/Select Comm on the Strategic Competition US and China	DC: 202-225-9888 In state: Mesa: (602) 956-2463	https://stanton.house.gov/email-me 1220 S Alma School Rd. Mesa, AZ 85210	1220 S Alma School Rd Ste 209 Mesa, AZ 85210
Arkansas	J. French Hill	Financial Services/Intelligence	DC: 202-225-2506 In state: Little Rock: (501) 324-5941 Conway: (501) 902-5733 Fax: (202) 225-5903 (501) 324-6029	https://hill.house.gov/contact/	1501 N University Ave. Suite 630 Little Rock AR 72207
	Eric/Rick Crawford (V)	Agriculture/Intelligence/Transportation and Infrastructure	DC: 202-225-4076 In state: Jonesboro: (501) 324-6029 Mountain Home: (870) 424-2075 Cabot: (501) 843-3043 Dumas: (870) 377-5571	https://crawford.house.gov/contact	2400 Highland Dr Ste. 300 Jonesboro, AR 72401
	Steve Womack (V)	Appropriations	DC: 202-225-4301 In state: Fort Smith: (479) 424-1146 Rogers: (479) 464-0446 Fax: (202) 225-5713 (479)-464-0063	https://womack.house.gov/contact/	6101 Phoenix Avenue, Suite 4 Fort Smith, Arkansas 72903
	Bruce Westerman	Natural Resources/Transportation and Infrastructure	202-225-3772 In state: Russellville: (501) 609-9796 Pine Bluff: (501) 609-9796 Hot Springs: (501) 609-9796 El Dorado: (501) 609-9796 Fax: (771) 200-5681	https://westerman.house.gov/contact	101 Reserve St. Suite 200 Hot Springs, AR 71901
California	Vince Fong	Transportation and Infrastructure/Science, Space and Technology	DC: 202-225-2915 In state: Clovis: (559) 701-2530 Bakersfield: (661) 327-3611	https://fong.house.gov/address_authentication?form=/contact	2187 Herndon Avenue Suite 101 Clovis, CA 93611
	Pete Aguilar	Appropriations	DC: 202-225-3201 In state: (909) 890-4445	https://aguilar.house.gov/email-me/	685 E. Carnegie Drive, Suite 100 San Bernardino, CA 92408
	Julia Brownley	Natural Resources/Transportation and Infrastructure/Veterans' Affairs	DC: 202-225-5811 In state: Both offices: (805) 379-1779 Fax: (202) 225-1100, (805) 379-1779	https://juliabrownley.house.gov/contact/email-me/	223 E. Thousand Oaks Blvd., Suite 220 Thousand Oaks, CA 91360
	Ami Bera	Foreign Affairs/Intelligence	DC: 202-225-5716 In state: (916) 635-0505	https://bera.house.gov/contact/contactform.htm	8950 Cal Center Drive Building 3, Suite 100 Sacramento, CA 95826

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
	Nanette Barragan	Energy and Commerce	DC: 202-225-8220 In state: All 4: (310) 831-1799	https://barragan.house.gov/email/	4201 Long Beach Blvd, Suite 422 Long Beach, CA 90807
	Ken Calvert	Appropriations	DC: 202-225-1986 In state: Palm Desert: (760) 620-0041 Corona: (951) 277-0042 Fax: (202) 225-2004 (951) 277-0420	https://calvert.house.gov/zip_authentication?form=/contact/email-me	73710 Fred Waring Drive Suite 129 Palm Desert, CA 92260
	Jim Costa	Agriculture/Foreign Affairs	DC: 202-225-3341 In state: Visalia: (559) 749-9330 Fresno: (559) 495-1620 Fax: (202) 225-9308, (559) 495-1027	https://costa.house.gov/address_authentication?form=/contact/email-me	2440 Tulare Street, Suite 420 Fresno, CA 93721
	Judy Chu	Budget/Ways and Means	DC: 202-225-5464 In state: Claremont: (909) 625-5394 Pasadena: (626) 304-0110 Fax: (202) 225-5467, (909) 399-0198, (626) 304-0132	https://chu.house.gov/address_authentication?form=/contact/email-me	415 W. Foothill Blvd, Ste 122 Claremont, CA 91711
	Lou Correa	Homeland Security/Judiciary	DC: 202-225-2965 In state: Santa Ana: (714) 559-6190	https://correa.house.gov/contact/email-lou	Rancho Santiago Community College Building 2323 N. Broadway, Suite 319 Santa Ana, CA 92706
	Salud Carbajal (V)	Agriculture/Armed Services/Transportation and Infrastructure	DC: 202-225-3601 In state: Santa Barbara/Ventura: (805) 730-1710 San Luis: (805) 546-8348 Fax: (771) 200-5678, (771) 200-5678	https://carbajal.house.gov/contact/	125 E. De La Guerra St., Suite 203B Santa Barbara, CA 93101
	Gilbert Ray Cisneros	Armed Services/Small Business	DC: 202-225-5256 In state: Covina: (626) 646-0369	https://cisneros.house.gov/address_authentication?form=/contact/email-me	100 S. Citrus Avenue, Suite 204 Covina, CA 91723
	Mark DeSaulnier	Education and Workforce/Transportation and Infrastructure/Ethics	DC: 202-225-2095 In state: Antioch: (925) 754-0716 Walnut Creek: (925) 933-2660 Fax: (202) 225-5609, (925) 754-0728, (925) 933-2677	https://desaulnier.house.gov/zip_authentication?form=/connect/email	4703 Lone Tree Way Antioch, CA 94531
	Laura Friedman	Transportation and Infrastructure/Science, Space and Technology	DC: 202-225-4176 In state: Burbank: (818) 524-4384	https://friedman.house.gov/address_authentication?form=/contact/email-me	245 E Olive Ave Suite 200 Burbank, CA 91502
	John Garamendi	Armed Services/Transportation and Infrastructure	DC: 202-225-1880 In state: Vallejo: (707) 645-1888 Richmond: (510) 620-1001 Fairfield: (707) 438-1822 Fax: (202) 225-5914, (707) 438-0523	https://garamendi.house.gov/address_authentication?form=/contact	420 Virginia Street Suite #1c Vallejo, CA 94590
	Jimmy Gomez	Intelligence|Ways and Means	DC: 202-225-6235 In state: Los Angeles: (213) 481-1425	https://gomez.house.gov/contact/	515 S Figueroa St #1040 Los Angeles, CA 90071
	Robert Garcia	Oversight and Government Reform|Homeland Security|Transportation and Infrastructure	DC: 202-225-7924 In state: Long Beach: (562) 512-8489	https://robertgarcia.house.gov/address_authentication?form=/contact	415 West Ocean Blvd. Suite 2803 Long Beach, CA 90802
	Adam Gray	Agriculture|Natural Resources	DC: 202-225-1947 In state: Turlock: (209) 226-6880	https://gray.house.gov/address_authentication?form=/contact/email-me	90 S. First St. Turlock, CA 95380
	Jared Huffman	Natural Resources|Transportation and Infrastructure	DC: 202-225-5161 In state: San Rafael: (415) 258-9657 Fort Bragg: (707) 962-0933 Ukiah: (707) 671-7449 Eureka: (707) 407-3585 Petaluma: (707) 981-8967 Fax: (202) 225-5163, (415) 258-9913, (707) 962-0905, (707) 407-3559	https://huffman.house.gov/contact/email-me	999 Fifth Ave. Suite 290 San Rafael, CA 94901
	Josh Harder	Appropriations	DC: 202-225-4540 In state: Stockton: (209) 579-5458	https://harder.house.gov/address_authentication?form=/contact	1776 W March Ln Suite 360 Stockton, CA 95207

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	Darrell Issa (V)	Foreign Affairs|Judiciary|Science, Space, and Technology	DC: 202-225-5672 In state: (760) 304-7575	https://issa.house.gov/contact	10601 Magnolia Ave, Bldg 6 Santee, CA 92071
	Sara Jacobs	Armed Services|Foreign Affairs	DC: 202-225-7084 In state: San Diego: (619) 280-5353 Fax: (202) 225-2948, (619) 280-5311	https://sarajacobs.house.gov/contact/email-me	Office is moving. Will update when I know address
	Ro Khanna	Armed Services|Oversight and Government Reform|Select Comm on the Strategic Competition US and China	DC: 202-225-2631 In state: Santa Clara: (408) 436-2720 Fax: (408) 436-2721	https://khanna.house.gov/contact/write-to-ro	3150 De La Cruz Blvd Suite 240 Santa Clara, CA 95054
	Kim Young	Financial Services|Foreign Affairs|Select Comm on the Strategic Competition US and China	DC: 202-225-4111 In state: Anaheim: (714) 984-2440 Mission Viejo: (949) 268-6706	https://youngkim.house.gov/contact/	180 N. Riverview Dr. Suite 150 Anaheim, CA 92808
	Sydney Kamlager-Dove	Foreign Affairs|Judiciary	DC: 202-225-7084 In state: Los Angeles: (323) 965-1422	https://kamlager-dove.house.gov/address_authentication?form=/contact	4929 Wilshire Blvd. Suite 650 Los Angeles, CA 90010
	Kevin Kiley	Education and Workforce|Judiciary|Transportation and Infrastructure	DC: 202-225-2523 In state: (916) 724-2575	https://kiley.house.gov/contact	6538 Lonetree Blvd, Suite 200 Rocklin, CA 95765
	Zoe Lofgren	Judiciary|Science, Space, and Technology	DC: 202-225-3072 In state: Salinas: (831) 837-6000 San Jose: (408) 271-8700	https://lofgren.house.gov/address_authentication?form=/contact	635 North First Street Suite B San Jose, CA 95112
	Doug LaMalfa	Agriculture|Natural Resources|Transportation and Infrastructure	DC: 202-225-3076 In state: Yuba: (530) 645-6225 Chico: (530) 343-1000 Redding: (530) 223-5898	https://lamalfa.house.gov/address_authentication?form=/contact	1585 Butte House Rd, Suite D Yuba City, CA 95993
	Ted Lieu (V)	Foreign Affairs|Judiciary	DC: 202-225-3976 In state: Los Angeles: (323) 651-1040	https://lieu.house.gov/address_authentication?form=/contact	1645 Corinth Ave, Suite 101 Los Angeles, CA 90025
	Mike Levin	Appropriations	DC: 202-225-3906 In state: Carlsbad: (760) 599-5000 Dana Point: (949) 281-2449	https://levin.house.gov/contact	33282 Golden Lantern, Suite 102 Dana Point, CA 92629
	Sam Liccardo	Financial Services	DC: 202-225-8104 In state: Half Moon Bay: (650) 323-2984 San Jose: (408) 245-2339	https://liccardo.house.gov/address_authentication?form=/contact/email-me	1101 S. Winchester Blvd Suite C-120 South San Jose, CA 95128
	Doris Matsui	Energy and Commerce	DC: 202-225-7163 In state: Sacramento: (916) 498-5600 Fax: (202) 225-0566	https://matsuiforms.house.gov/contact/	501 I Street, Suite 12-600 Sacramento, CA 95814
	Tom McClintock	Budget|Natural Resources|Judiciary	DC: 202-225-2511 In state: Modesto: (209) 550-6910 El Dorado Hills: (916) 786-5560 Fax: (202) 225-5444	https://mcclintock.house.gov/address_authentication?form=/contact/email-me	4359 Town Center Blvd. Suite 210 El Dorado Hills, CA 95762
	Kevin Mullin	Energy and Commerce	DC: 202-225-3531 In state: San Mateo: (650) 342-0300	https://kevinmullin.house.gov/contact/	1528 S. El Camino Real Suite 307 San Mateo, CA 94402

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	Dave Min	Oversight and Government Reform|Natural Resources	DC: 202-225-5611 In state: Costa Mesa: (949) 668-6600	https://min.house.gov/address_authentication?form=/contact/email-me	1370 Adams Ave Suite A Costa Mesa, CA 92626
	Jay Obernolte	Budget|Energy and Commerce|Science, Space, and Technology	DC: 202-225-5861 In state: Hesperia: (760) 247-1815	https://obernolte.house.gov/contact	9700 Seventh Ave Suite 201 Hesperia, CA 92345
	Nancy Pelosi	x	DC: 202-225-4965 In state: San Francisco: (415) 556-4862	https://pelosi.house.gov/address_authentication?form=/contact/email-me	90 7th Street Suite 2-800 San Francisco, CA 94103
	Scott Peters	Budget|Energy and Commerce	DC: 202-225-0508 In state: San Diego: 858-455-5550	https://scottpeters.house.gov/email-me	4350 Executive Drive, Suite 105 San Diego, CA 92121
	Jimmy Panetta (V)	Budget|Ways and Means	DC: 202-225-2861 In state: Monterey: (831) 424-2229 Santa Cruz: (831) 429-1976 San Jose: (408) 960-0333 Paso Robles: (805) 400-6535 Fax: (831) 429-1458	https://panetta.house.gov/address_authentication?form=/contact	1200 Aguajito Road Suite 003 Monterey, CA 93940
	Raul Ruiz	Energy and Commerce	DC: 202-225-5330 In state: Palm Desert: (760) 424-8888 Hemet: (951) 492-3575 El Centro: (760) 592-2646 Fax: (202) 225-1238	https://ruiz.house.gov/address_authentication?form=/contact/email	343 S. 8th Street Suite A El Centro, CA 92243
	Luz Rivas	Natural Resources|Science, Space, and Technology	DC: 202-225-6131 In state: Arleta: (818) 253-3535	https://rivas.house.gov/address_authentication?form=/contact/email-me	9300 Laurel Canyon Blvd First Floor Arleta, CA 91331
	Brad Sherman	Financial Services|Foreign Affairs	DC: 202-225-5911 In state: Los Angeles: (818) 501-9200 Fax: (202) 225-5879	https://sherman.house.gov/address_authentication?form=/contact/opinion	5000 Van Nuys Blvd, Suite 420 Sherman Oaks, CA 91403
	Linda Sanchez	Ways and Means	DC: 202-225-6676 In state: Wittier: (562) 860-5050 Fax: (771) 200-5828	https://lindasanchez.house.gov/address_authentication?form=/contact/email-me	15111 Whittier Blvd Suite 220 Whittier, CA 90603
	Eric Swalwell	Homeland Security|Judiciary	DC: 202-225-5065 In state: Castro Valley: (510) 370-3322	https://swalwell.house.gov/address_authentication?form=/contact	20990 Redwood Road Castro Valley, CA 94546
	Lateefah Simon	Oversight and Government Reform|Small Business	DC: 202-225-2661 In state: (510) 763-0370	https://simon.house.gov/address_authentication?form=/contactform	No street address on site, just: Oakland, CA 94612
	Mike Thompson (V)	Ways and Means	DC: 202-225-3311 In state: Napa: (707) 226-9898 Santa Rosa: (707) 542-7182 Woodland: (530) 753-5301 Fax: (202) 225-4335, (707) 251-9800, (707) 542-2745	https://mikethompsonforms.house.gov/contact/	2721 Napa Valley Corporate Drive Napa, CA 94558
	Mark Takano	Education and Workforce|Veterans' Affairs	DC: 202-225-2305 In state: Riverside: (951) 222-0203 Fax: (202) 225-7018, (951) 222-0217	https://takano.house.gov/contact/email-me?clear	3403 10th Street, Suite 610 Riverside, CA 92501
	Norma Torres	Appropriations|House Administration	DC: 202-225-6161 In state: Ontario: (909) 481-6474 Fax: (202) 225-8671, (909) 941-1362	https://torres.house.gov/contact/email-me?clear	3200 Inland Empire Blvd. Suite 200B Ontario, CA 91764

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	Derek Tran (V)	Armed Services|Small Business	DC: 202-225-2415 In state: Cypress: (714) 960-6483	https://tran.house.gov/address_authentication?form=/contact/email-me	6803 International Ave., Suite 100 Cypress, CA 90630
	David Valadao	Appropriations|Joint Committee of Congress on the Library	DC: 202-225-4695 In state: Bakersfield: (661) 864-7736 Hanford: (559) 460-6070 Fax: (833) 284-9090 (559) 584-3564	https://valadao.house.gov/contact/	2700 M Street Suite 250B Bakersfield, CA 93301
	Juan Vargas	Financial Services	DC: 202-225-8045 In state: Chula Vista: (619) 422-5963 Fax: (202) 225-2772, (619) 422-7290	https://vargas.house.gov/contact/legislative-comments?clear	333 F Street, Suite A Chula Vista, CA 91910
	Maxine Waters	Financial Services	DC: 202-225-2201 In state: Hawthorne: (323) 757-8900 Fax: (202) 225-7854, (771) 200-5716	https://waters.house.gov/address_authentication?form=/contact/message-our-office	13605 Hawthorne Blvd. Hawthorne, CA 90250
	George Whitesides	Armed Services|Science, Space, and Technology	DC: 202-225-1956 In state: Antelope Valley: (661) 839-0532 Santa Clarita Valley: (661) 568-4855	https://whitesides.house.gov/address_authentication?form=/contact/email-me	1043 West Avenue M4 Suite A Palmdale, CA 93551
Colorado	Brittany Pettersen	Financial Services	DC: 202-225-2645 In state: Lakewood: 303.274.7944 Canon City: 719.458.6161	https://pettersen.house.gov/contact/	550 S. Wadsworth Blvd. Suite 400 Lakewood, CO 80226
	Lauren Boebert	Oversight and Government Reform|Natural Resources	DC: 202-225-4761 In State: Lone Tree: (720) 639-9165 Eaton: (970) 702-2136	https://boebertforms.house.gov/contact/	271 South Elm Avenue Suite 1A Eaton, CO 80615
	Jason Crow (V)	Armed Services|Intelligence	DC: 202-225-7882 In state: Aurora: (720) 748-7514	https://crow.house.gov/contact/email-me	2170 S Parker Road, Suite #280 Aurora, CO 80231
	Jeff Crank	Armed Services|Natural Resources	DC: 202-225-4422 In state: Colorado Springs: (719) 520-0055	https://crank.house.gov/contact/email-me	455 E. Pikes Peak Ave Suite 103 Colorado Springs, CO 80903
	Diana DeGette	Energy and Commerce	DC: 202-225-4431 In state: Denver: (303) 844-4988 Fax: (202) 225-5657, (303) 844-4996	https://degette.house.gov/contact/e-mail-diana	600 Grant Street Suite 850 Denver, CO 80203
	Gabe Evans (V)	Homeland Security|Energy and Commerce	DC: 202-225-5625 In state: Greeley: (970) 324-2567 Northglenn: (303) 723-6560	https://gabeevans.house.gov/address_authentication?form=/contact/email-me	3400 West 16th St, Building 1S Suite C Greeley, CO 80634
	Jeff Hurd	Natural Resources|Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-4676 In state: Grand Junction: (970) 208-0455 Pueblo: (719) 696-6968 Durango: (970) 317-6167	https://hurd.house.gov/address_authentication?form=/contact/email-me	743 Horizon Court Suite 112 Grand Junction, CO 81506
	Joe Neguse	Natural Resources|Judiciary|Rules	202-225-2161 In state: Fort Collins: (970) 372-3971 Boulder/Western Slope: (303) 335-1045	https://neguse.house.gov/contact	2503 Walnut Street Suite 300 Boulder, CO 80302
Connecticut	Jahana Hayes	Agriculture|Education and Workforce	DC: 202-225-4476 In state: Waterbury: (860) 223-8412	https://hayes.house.gov/email-me	108 Bank Street 2nd Floor Waterbury, CT 06702
	Joe Courtney	Armed Services|Education and Workforce	DC: 202-225-2076 In state: Norwich: (860) 886-0139 Enfield: (860) 741-6011 Fax: (202) 225-4977, (860) 886-2974, (860) 741-6036	https://courtney.house.gov/address_authentication?form=/contact	55 Main Street, Suite 250 Norwich, CT 06360

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	Rosa DeLauro	Appropriations	DC: 202-225-3661 In state: New Haven: (203) 562-3718 Fax: (202) 225-4890, (203) 772-2260	https://delauro.house.gov/zip_authentication?form=/contact/email	59 Elm Street New Haven, CT 06510
	Jim Himes	Financial Services|Intelligence	DC: 202-225-5541 In state: Bridgeport: (203) 333-6600 Stamford: (203) 353-9400 Fax: (203) 333-6655, (203) 323-1793	https://himes.house.gov/email-me	350 Fairfield Ave. Suite 603 Bridgeport, CT 06604
	John Larson	Ways and Means	DC: 202-225-2265 In state: East Hartford: (860) 278-8888 Fax: (202) 225-1031, (860) 278-2111	https://larson.house.gov/address_authentication?form=/contact	361 Main Street, 3rd Floor East Hartford, CT 06118
Delaware	Sarah McBride	Foreign Affairs|Science, Space, and Technology	DC: 202-225-4165 In state: Georgetown: (302) 752-9140 Wilmington: (302) 830-2330	https://mcbride.house.gov/address_authentication?form=/contact/email-me	1105 North Market Street Suite 400 Wilmington, DE 19801
District of Columbia	Eleanore Norton	Oversight and Government Reform|Transportation and Infrastructure	202-225-8050	https://norton.house.gov/address_authentication?form=/contact/email-me	2136 Rayburn HOB Washington, DC 20515
Florida	Scott Franklin (V)	Appropriations|Science, Space, and Technology	DC: 202-225-1252 In state: All 3 offices: (863) 644-8215 Fax: (202) 226-0585 (771) 200-5552	https://franklin.house.gov/contact/	124 S. Florida Avenue, Suite 304 Lakeland, FL 33801
	Gus Bilirakis	Energy and Commerce|Select Comm on the Strategic Competition US and China	DC: 202-225-5755 In state: Brooksville: (352) 691-1231 New Port Richey: (727) 232-2921 Iverness: (352) 654-1004	https://bilirakis.house.gov/zip_authentication?form=/contact/email	212 W Main Street, Suite 208A Inverness, FL 34450
	Vern Buchanan (V)	Joint Committee on Taxation|Ways and Means	DC: 202-225-5015 In state: Brandon: (813) 657-1013 Lakewood/Longboat: (941) 951-6643 Fax: (202) 226-0828 (771) 200-5798	https://buchanan.house.gov/constituent-validation	510 Vonderburg Drive Suite 303 Brandon, FL 33511
	Aaron Bean	Ways and Means	DC: 202-225-0123 In state: Clay County: (904) 830-3933 Duval County: (904) 319-9433 Nassau County: (904) 557-9550	https://bean.house.gov/address_authentication?form=/contact	501 Centre Street Suite 107 Fernandina Beach, FL 32034
	Kat Cammack	Agriculture|Energy and Commerce	DC: 202-225-5744 In state: Ocala: (352) 421-9052 Gainesville: (352) 505-0838 Fax: (771) 200-5542	https://cammack.house.gov/zip_authentication?form=/contact/email-me	5550 NW 111th Boulevard Suite A Gainesville, FL 32653
	Kathy Castor	Energy and Commerce|Select Comm on the Strategic Competition US and China	DC: 202-225-3376 In state: Tampa: (813) 871-2817 St. Petersburg: (727) 369-0201 Fax: (202) 225-5652	https://castor.house.gov/contact/contactform.htm	4144 N Armenia Ave., Suite 300 Tampa, FL 33607
	Sheila Cherfilus-McCormick	Foreign Affairs|Veterans' Affairs	DC: 202-225-1313 In state: Tamarac: (954) 733-2800 West Palm Beach: (561) 461-6767	https://cherfilus-mccormick.house.gov/address_authentication?form=/contact	5701 NW 88th Avenue Suite 200 Tamarac, FL 33321
	Byron Donalds	Financial Services|Oversight and Government Reform	DC: 202-225-2536 In state: Collier County: (239) 252-6225 Lee County: (239) 599-6033	https://donalds.house.gov/contact/	3299 Tamiami Trail East Suite 105 Naples, FL 34112
	Mario Diaz-Balart	Appropriations	DC: 202-225-4211 In state: Doral: (305) 470-8555 Naples: (239) 348-1620 Fax: (202) 225-8576 (305) 470-8575 (239) 348-3569	https://mariodiazbalart.house.gov/address_authentication?form=/contact-mario	8669 NW 36th Street Suite 100 Doral, FL 33166
	Neal Dunn (V)	Energy and Commerce|Select Comm on the Strategic Competition US and China	DC: 202-225-5235 In state: Panama City: 850-785-0812 Tallahassee: 850-891-8610	https://dunn.house.gov/email	840 West 11th Street Suite 2250 Panama City, FL 32401
	Lois Frankel	Appropriations	DC: 202-225-9890 In state: Delray: (561) 998-9045	https://frankel.house.gov/contact/	7499 West Atlantic Ave, Unit 206 Delray Beach, FL 33446

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	Maxwell Frost	Oversight and Government Reform|Science, Space, and Technology	DC: 202-225-2176 In state: Orlando: (321) 388-9808	https://frostforms.house.gov/contact/	617 N. Magnolia Ave. Orlando, FL 32801
	Carlos Gimenez	Armed Services|Homeland Security|Select Comm on the Strategic Competition US and China	DC: 202-225-2778 In state: Miami:	https://gimenez.house.gov/contact	14221 SW 120th St. #115 Miami, FL 33186
	Mike Haridopolos	Financial Services|Science, Space, and Technology	DC: 202-225-3671 In state: Melbourne: (321) 632-1776	https://haridopolos.house.gov/address_authentication?form=/contact/email-me	2725 Judge Fran Jamieson Way Building C Melbourne, FL 32940
	Anna Paulina Luna (V)	Foreign Affairs|Oversight and Government Reform	DC: 202-225-5961 In state: (727) 610-3980	https://luna.house.gov/contact	9200 113th St. N. Office Suite: 305 Seminole, FL 33772
	Laurel Lee	House Administration|Energy and Commerce|Judiciary	DC: 202-225-5626 In state: Tampa: 202-225-3026	https://laurelleeforms.house.gov/contact/	17425 Bridge Hill Court Suite 203 Tampa, FL 33647
	Brian Mast (V)	Foreign Affairs|Transportation and Infrastructure	DC: 202-225-3026 In state: Port St. Lucie: 772-336-2877 Stuart: 772-403-0900 Jupiter: 561-530-7778 Fort Pierce: 772-446-8855 Fax: 202-225-8398	https://mast.house.gov/email	100 North U.S. HWY 1, Suite 217 Fort Pierce, Florida 34950
	Cory Mills (V)	Armed Services|Foreign Affairs	DC: 202-225-4035 In state: Lake Mary: (407) 638-7900 Port Orange: (386) 238-9711	https://mills.house.gov/address_authentication?form=/contact	1000 City Center Circle Port Orange, FL 32129
	Jared Moskowitz	Foreign Affairs|Judiciary	DC: 202-225-3001 In state: All 3 offices: 754-240-6330	https://moskowitz.house.gov/contact	111 East Las Olas Blvd 5th Floor Fort Lauderdale, FL 33301
	John Rutherford	Appropriations|Ethics	DC: 202-225-2501 In state: Jacksonville: 202-225-3026	https://rutherford.house.gov/address_authentication?form=/EmailUS	4130 Salisbury Road Suite 2500 Jacksonville, FL 32216
	Maria Elvira Salazar	Financial Services|Foreign Affairs	DC: 202-225-3931 In state: Main: (305) 668-2285 Palmetto/Cutler Bay: (305) 668-2285	https://salazar.house.gov/contact	9705 Hibiscus Street Palmetto Bay, FL 33157
	Darren Soto	Energy and Commerce|Natural Resources	DC: 202-225-9889 In state: Kissimmee: (407) 452-1171 Orlando: (407) 204-3370	https://soto.house.gov/address_authentication?form=/contact	804 Bryan Street Kissimmee, FL 34741
	W. Gregory Steube (V)	Energy and Commerce|Natural Resources	DC: 202-225-5792 In state: All 3 offices: (941) 499-3214	https://steube.house.gov/contact/	7590 Fruitville Rd Suite 102 Sarasota, FL 34240
	Debbie Wasserman Schultz	Appropriations	DC: 202-225-7931 In state: Both offices: (954) 845-1179 Fax: (202) 226-2052, (954) 845-0396	https://wassermanschultz.house	2600 Hollywood Blvd. Hollywood, FL 33020
	Daniel Webster	Natural Resources|Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-1002 In state: Clermont: 352-241-9220 The Villages:352-383-3552 Fax: (352) 241-9220	https://webster.house.gov/email-me	1200 Oakley Seaver Drive, Suite 203 Clermont, FL 34711
	Frederica Wilson	Education and Workforce|Transportation and Infrastructure	DC: 202-225-4506 In state: West Park: (954) 989-2688 Miami Gardens: (305) 690-5905 Miami Beach: (305) 690-5905 North Miami: (305) 690-5905	https://wilson.house.gov/contact/	18425 NW 2nd Avenue Miami Gardens, FL 33169
	Jimmy Patronis	x	DC: 202-225-4136 In state: Crestview: (850) 603-6690 Pensacola: TBD	https://patronis.house.gov/address_authentication?form=/contact/email-me	No address, office in district not given/maybe doesn't have one?
	Randy Fine	x	DC: 202-225-2706 In state: All 3 offices: (386) 279-0707	https://fine.house.gov/address_authentication?form=/contact/email-me	31 Lupi Court Palm Coast, FL 32137

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Georgia	Rick Allen	Education and Workforce|Energy and Commerce	DC: 202-225-2823 In state: Augusta: (706) 228-1980 Dublin: (478) 291-6324 Statesboro/Vidalia: (912) 243-9452 Fax: (202) 225-3377 (706) 228-1954	https://allen.house.gov/contact/	2743 Perimeter Parkway Building 200, Suite 105 Augusta, GA 30909
Scroll down and over for more states	Sanford Bishop (V)	Appropriations	DC: 202-225-3631 In state: Albany: (229) 439-8067 Columbus: (706) 320-9477 Macon: (478) 803-2631 Fax: (202) 225-2203, (229) 436-2099, (706) 320-9479, (478) 803-2637	https://bishop.house.gov/address_authentication?form=/contact	323 Pine Avenue, Suite 400 Albany, GA 31701
If there is a (V) after a name, they are a Veteran	Earl (Buddy) Carter	Budget|Energy and Commerce	DC: 202-225-5831 In state: Brunswick: (912) 265-9010 Savannah: (912) 352-0101 Fax: (202) 226-2269 (912) 265-9013 (912) 352-0105	https://buddycarter.house.gov/contact/	777 Gloucester Street Suite 410 Brunswick, GA 31520
	Andrew Clyde (V)	Appropriations|Budget	DC: 202-225-9893 In state: Gainesville: (470) 768-6520 Fax: (202) 226-1224	https://clyde.house.gov/contact/	210 Washington St NW, Suite 202 Gainesville, GA 30501
	Mike Collins	Natural Resources|Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-4101 In state: Monroe: (770) 207-1776	https://collins.house.gov/contact	100 Court St. Monroe , GA 30655
	Marjorie Taylor Greene	Oversight and Government Reform|Homeland Security	DC: 202-225-5211 In state: Dalton: (706) 226-5320	https://greene.house.gov/contact/	P.O. Box 829 Dalton, GA 30722
	Henry Johnson	Judiciary|Transportation and Infrastructure	DC: 202-225-1605 In state: Decatur: (770) 987-2291 Fax: (202) 226-0691, (770) 987-8721	https://hankjohnson.house.gov/address_authentication?form=/contact	5240 Snapfinger Park Drive, Ste 140 Decatur, GA 30035
	Brian Jack	Oversight and Government Reform|Rules|Small Business	DC: 202-225-5901 In state: (770) 683-2033	https://jack.house.gov/contact/email-me	Newnan, GA Office 1601 E HWY 34 Suite B Newnan, GA 30265
	Barry Loudermilk (V)	Financial Services|House Administration	DC: 202-225-2931 In state: Both offices: 770-429-1776 Fax: 202-225-2944 770-517-7427	https://loudermilk.house.gov/contact/	135 West Cherokee Avenue, Suite 122 Cartersville, GA 30120
	Lucy McBath	Education and Workforce|Judiciary	DC: 202-225-4501 In state: (470) 773-6330	https://mcbath.house.gov/email-me	3330 Cumberland Boulevard SE, Suite 610 Atlanta, GA 30339
	Richard McCormick (V)	Armed Services|Foreign Affairs|Science, Space, and Technology	DC: 202-225-4272 In state: Cumming: (770) 232-3005	https://mccormick.house.gov/address_authentication?form=/contact	115 W Court House Square Cumming, GA 30040
	David Scott	Agriculture|Financial Services	DC: 202-225-2939 In state: Stockbridge: (770) 210-5073 Fax: (202) 225-4628, (770) 991-9797	https://davidscott.house.gov/contact/contactform.htm	5 Gresham Landing, Suite A Stockbridge, GA 30281
	Austin Scott	Agriculture|Armed Services|Intelligence|Rules	DC: 202-225-6531 In state: Tifton: (229) 396-5175 Warner Robins: (478) 971-1776 Fax: (202) 225-3013 (229) 396-5179 (478) 971-1778	https://austinscott.house.gov/contact-austin	120 Byrd Way Suite 100 Warner Robins, GA 31088
	Nikema Williams	Financial Services	DC: 202-225-3801 In state: Atlanta: (404) 659-0116 Fax: (404) 331-0947	https://nikemawilliams.house.gov/contact	100 Peachtree Street Northwest Suite 1920 Atlanta, GA 30303
Guam	James Moylan	Armed Services/Education and Workforce/Foreign Affairs	202-225-1188		
Hawaii	Jill Tokuda	Agriculture|Armed Services|Select Comm on the Strategic Competition US and China	DC: 202-225-4906 In state: (808) 746-6220	https://tokuda.house.gov/contact/email-me	1001 Bishop St. ASB Tower Suite 1503 Honolulu, HI 96813
	Ed Case	Appropriations	DC: 202-225-2726 In state: (808) 650-6688	https://case.house.gov/contact/	1003 Bishop Street, Suite 1110 Honolulu, HI 96813
Idaho	Mike Simpson	Appropriations	DC: 202-225-5531 In state: Boise: 208-334-1953 Eastern Idaho: 208-523-6701 Magic Valley: 208-734-7219 Fax: 202-225-8216 208-334-9533	https://simpson.house.gov/contact/	33 East Broadway Avenue, Suite 251 Meridian, ID 83642

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	Russ Fulcher	Energy and Commerce|Natural Resources	DC: 202-225-6611 In state: Meridian: (208) 888-3188 Lewiston: (208) 743-1388 Coeur d'Alene: (208) 667-0127 Fax: (208) 888-0894 (208) 667-0310	https://fulcher.house.gov/email-me	33 East Broadway Avenue, Suite 251 Meridian, ID 83642
Illinois	Darin LaHood	Intelligence|Ways and Means|Select Comm on the Strategic Competition US and China	DC: 202-225-6201 In state: Peoria: (309) 671-7027 Rockford: (779) 238-4785 Normal: (309) 445-8080 Fax: (202) 225-9249 (309) 671-7309	https://lahood.house.gov/contact	108 East Beaufort Street Normal, IL 61761
	Mike Bost (V)	Agriculture|Transportation and Infrastructure|Veterans' Affairs	DC: 202-225-5661 In state: Mascoutah: (618) 622-0766 Murphysboro: (618) 457-5787 Effingham: (217) 240-3170 Fax: (618) 448-4233	https://bost.house.gov/email	101 N 4th St, Suite 302 Effingham, IL 62401
	Nikki Budzinski	Agriculture|Veterans' Affairs	DC: 202-225-2371 In state: Springfield: 217-814-2880 Collinsville: 618-212-7333 Champaign: 217-305-6991 Decatur: 217-859-5313	https://budzinski.house.gov/contact	133 South 4th Street Suite 300 Springfield, IL 62701
	Sean Casten	Financial Services	DC: 202-225-4561 In state: Lombard: (630) 520-9450	https://casten.house.gov/contact/email-me	200 W 22nd St Suite 229 Lombard, IL 60148
	Danny Davis	Ways and Means	DC: 202-225-5006 In state: Chicago: (773) 533-7520 Fax: (202) 225-5641, (844) 274-0426	https://davisforms.house.gov/contact/	2815 W. Fifth Avenue Chicago, IL 60612
	Bill Foster	Financial Services	DC: 202-225-3515 In state: Aurora: (630) 585-7672	https://foster.house.gov/address_authentication?form=/contact/email-me	2000 W. Galena Blvd Suite 303 Aurora, IL 60506
	Jesus Garcia	Judiciary|Transportation and Infrastructure	DC: 202-225-8203 In state: Western Suburbs: (773) 342-0774 Southwest Chicago: (773) 475-0833	https://chuygarcia.house.gov/contact/email-me	4376 S Archer Ave Chicago, IL 60632
	Johnathan Jackson	Agriculture|Foreign Affairs	DC: 202-225-4372 In state: Chicago: (773) 779-2400 Fax: (202) 226-0333, (773) 779-2401	https://jonathanjacksonforms.house.gov/contact/	435 E. 35th Street Chicago, IL 60616
	Robin Kelly	Energy and Commerce	DC: 202-225-0773 In state: Danville: (217) 516-4556 Chicago: (773) 321-2001 Matteson: (708) 679-0078 Fax: (202) 225-4583, (708) 679-0216	https://robinkelly.house.gov/address_authentication?form=/contact	425 N. Gilbert Street | Suite 5 Danville, IL 61832
	Raja Krishnamoorthi	Oversight and Government Reform|Intelligence|Select Comm on the Strategic Competition US and China	DC: 202-225-3711 In state: Schaumburg: (847) 413-1959	https://krishnamoorthi.house.gov/contact/email	1701 East Woodfield Rd Suite 704 Schaumburg, IL 60173
	Mary Miller	Agriculture|Education and Workforce|House Administration	DC: 202-225-5271 In state: Mahomet: (217) 703-6100 Quincy: (217) 640-6210 Fax: (202) 225-5880	https://marymiller.house.gov/contact	604 East Main Street Suite G Mahomet, IL 61853
	Mike Quigley	Appropriations|Intelligence	DC: 202-225-4061 In state: Chicago: (773) 267-5926 Fax: (202) 225-5603	https://quigleyforms.house.gov/forms/writeyourrep/	1925 N. Clybourn Ave. Chicago, IL 60614
	Delia Ramirez	Homeland Security|Veterans' Affairs	DC: 202-225-5701 In state: Chicago: (773) 799-8219 DuPage: (630) 520-9494	https://ramirez.house.gov/address_authentication?form=/contact/email-me	5624 W. Diversey Ave, Chicago, Illinois 60639
	Jan Schakowsky	Energy and Commerce	DC: 202-225-2111 In state: Skokie: (773) 506-7100 Fax: (202) 226-6890	https://schakowsky.house.gov/zip_authentication?form=/contact/email-me	4500 Oakton Street Skokie, IL 60076
	Brad Schneider	Foreign Affairs|Ways and Means	DC: 202-225-4835 In state: Lincolnshire: (847) 383-4870 Fax: (847) 793-0677	https://schneider.house.gov/address_authentication?form=/contact/email-me	111 Barclay Blvd Suite 200 Lincolnshire, IL 60069
	Eric Sorensen	Agriculture|Armed Services	DC: 202-225-5905 In state: Rockford: (779) 513-4960 Rock Island: (309) 786-3406 Peoria: (309) 621-7070	https://sorensen.house.gov/address_authentication?form=/contact	423 17th Street Suite 201 Rock Island, IL 61201
	Lauren Underwood	Appropriations	DC: 202-225-2976 In state: Joliet: (630) 549-2190	https://underwood.house.gov/address_authentication?form=/contact/email-me	116 N. Chicago Street Suite 201 Joliet, IL 60432
Indiana	Victoria Spartz	x	DC: 202-225-2276 In state: West: (317) 848-0201 East: (765) 639-0671	https://spartz.house.gov/services/general-contact-form	416 S High Street Muncie, IN 47305
	James/Jim Baird (V)	Agriculture|Foreign Affairs|Science, Space, and Technology	DC: 202-225-5037 In state: Indiana: (317) 563-5567 Fax: (202) 226-0544	https://baird.house.gov/contact/	355 S. Washington St, Suite 210, Danville, IN 46122

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	Andre Carson	Intelligence|Transportation and Infrastructure|Select Comm on the Strategic Competition US and China	DC: 202-225-4011 In state: Indianapolis: (317) 283-6516 Fax: (202) 225-5633, (317) 283-6567	https://carson.house.gov/address_authentication?form=/contact/email-me	300 E Fall Creek Pkwy. N. Dr. Suite 300 Indianapolis, IN 46205
	Erin Houchin	Budget|Energy and Commerce|Rules	DC: 202-225-5315 In state: Salem: (812) 288-3999	https://houchin.house.gov/contact	104 W Hackberry Street Salem, IN 47167
	Frank Mrvan	Appropriations	DC: 202-225-2461 In state: Merrillville: (219) 795-1844 Fax: (202) 225-2493, (771) 200-5945	https://mrvan.house.gov/contact	8001 Broadway, Suite 102 Merrillville, IN 46410
	Mark Messmer	Agriculture|Armed Services|Education and Workforce	DC: 202-225-4636 In state: Evansville: (812) 465-6484 Jasper: (812) 465-6484	https://messmer.house.gov/contact/	2133 Newton Street Jasper, IN 47546
	Marlin Stutzman	Financial Services|Budget	DC: 202-225-4436 In state: Fort Wayne: (260) 702-4750	https://stutzman.house.gov/address_authentication?form=/contact/email-me	6714 Pointe Inverness Way Suite 220 Fort Wayne, IN 46804
	Jefferson Shreve	Foreign Affairs|Transportation and Infrastructure	DC: 202-225-3021 In state: Central: (317) 399-3333	https://shreve.house.gov/address_authentication?form=/contact/email-me	18 E Main Street Suite 210 Greenfield, IN 46140
	Rudy Yakym	Ways and Means	DC: 202-225-3915 In state: Mishawaka: (574) 204-2645 Rochester: (574) 223-4373	https://yakym.house.gov/contact	709 Main Street Rochester, IN 46975
Iowa	Randy Feenstra	Agriculture|Ways and Means	DC: 202-225-4426 In state: Sioux City: (712) 224-4692 Fort Dodge: (515) 302-7060 Council Bluffs: (712) 256-5653 Fax: (202) 225-3193	https://feenstra.house.gov/contact	820 Central Avenue Fort Dodge, IA 50501
	Ashley Hinson	Appropriations|Ethics|Select Comm on the Strategic Competition US and China	DC: 202-225-2911 In state: Waterloo: (319) 266-6925 Cedar Rapids: (319) 364-2288 Dubuque: (563) 557-7789	https://hinson.house.gov/zip_authentication?form=/contact	1050 Main St. Dubuque, IA 52001
	Mariannette Miller-Meeks (V)	Energy and Commerce|Veterans' Affairs	DC: 202-225-6576 In state: Davenport: (563) 232-0930 Indianola: (515) 808-6040	https://millermeeks.house.gov/contact	126 N Howard St Indianola, IA 50125
	Zachard Nunn (V)	Agriculture|Financial Services|Select Comm on the Strategic Competition US and China	DC: 202-225-5476 In state: Des Moines: (515) 400-8180 Ottumwa: (641) 220-9641 Creston: (641) 220-9093	https://nunn.house.gov/contact/email-zach/	208 W Taylor Street Creston, IA 50801
Kansas	Tracey Mann	Agriculture|Transportation and Infrastructure	DC: 202-225-2715 In state: Manhattan: (785) 370-7277 Dodge City: (620) 682-7340	https://mann.house.gov/contact	317 Houston Street Suite A Manhattan, KS 66502
	Sharice Davids	Agriculture|Transportation and Infrastructure	DC: 202-225-2865 In state: Overland Park: (913) 621-0832	https://davids.house.gov/contact/email-me	9200 Indian Creek Parkway Suite 562 Overland Park, KS 66210
	Ron Estes	Budget|Ways and Means	DC: 202-225-6216 In state: Wichita: (316) 262-8992	https://estes.house.gov/contact/	7701 E. Kellogg, Ste. 510 Wichita, KS 67207
	Derek Schmidt	Armed Services|Judiciary|Small Business	DC: 202-225-6601 In state: Pittsburg: (620) 308-7450 Topeka: (785) 205-5253	https://schmidt.house.gov/address_authentication?form=/contact/email-me	402 N Broadway St Suite B Pittsburg, KS 66762
Kentucky	Andy Barr	Financial Services|Foreign Affairs|Select Comm on the Strategic Competition US and China	DC: 202-225-4706 In state: Lexington: (859) 219-1366	https://barr.house.gov/email-me	2709 Old Rosebud Rd., Ste. 100 Lexington, KY 40509
	James Comer	Education and Workforce|Oversight and Government Reform	DC: 202-225-3115 In state: Madisonville: 270-561-0240 Paducah: 270-408-1865 Tompkinsville: 270-487-9509 Danville: 859-439-5844	https://comer.house.gov/email	300 S 3rd St Paducah, KY 42003
	Brett Guthrie (V)	Energy and Commerce	DC: 202-225-3501 In state: Bowling Green: (270) 842-9896 Fax: (202) 226-2019 (270) 842-9081	https://guthrie.house.gov/contact/	411 W. Lincoln Trail Blvd. Radcliff, KY 40160
	Thomas Massie	Judiciary|Transportation and Infrastructure	DC: 202-225-3465 In state: Northern: (859) 426-0080 LaGrange: (502) 265-9119	https://massie.house.gov/contact/	110 W. Jefferson St. Suite 100 LaGrange, KY 40031
	Morgan McGarvey	Budget|Small Business|Veterans' Affairs	DC: 202-225-5401 In state: Louisville: (502) 582-5129	https://mcgarvey.house.gov/contact/email-me	600 Dr Martin Luther King Jr Pl Louisville, KY 40202
	Harold/Hal Rogers (V)	Appropriations	DC: 202-225-4601 In state: Somerset: 606-679-8346 Prestonsburg: 606-886-0844 Hazard: 606-439-0794 Ashland: 606-467-6211 Fax: 202-225-0940 606-678-4856 606-889-0371 606-439-4647	https://halrogers.house.gov/email	551 Clifty Street Somerset, KY 42503

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Louisiana	Cleo Fields	Financial Services	DC: 202-225-3901 In state: Baton Rouge: (225) 952-1965 Shreveport: (318) 761-7990 Opelousas: (337) 594-6610	https://fields.house.gov/address_authentication?form=/contact/email-me	700 North 10th Street Fourth Floor Baton Rouge, LA 70802
	Troy Carter	Homeland Security|Energy and Commerce	DC: 202-225-6636 In state: New Orleans: (504) 288-3777 Algiers: (504) 381-3970	https://troycarter.house.gov/contact	650 Poydras Street, Suite 2525 New Orleans, LA 70130
Speaker of the House	Mike Johnson	Speaker of the House	DC: 202-225-2777 In state: Bossier: 318-840-0309 Northwestern State University - Ft. Polk: 337-423-4232 DeRidder: 337-226-6385	https://mikejohnson.house.gov/contact/	2250 Hospital Drive Suite 248 Bossier City, LA 71111
	Julia Letlow	Appropriations|Education	DC: 202-225-8490 In state: Capital: (225) 952-1390 Northeast: (318) 570-6440 South: (985) 284-5200	https://letlow.house.gov/contact	7932 Wrenwood Blvd Suite C Baton Rouge, LA 70801
	Clay Higgins	Armed Services|Oversight and Government Reform|Homeland Security	DC: 202-225-2031 In state: Lafayette: (337) 703-6105 Lake Charles: (337) 656-2833	https://clayhigginsforms.house.gov/contact/	600 Jefferson Street, Suite 808 Lafayette, LA 70501
	Steve Scalise	x	202-225-3015 In state: Ponchatoula: (985) 340-2185 Raceland: (985) 879-2300 Madeville: (985) 893-9064 Metairie: (504) 837-1259	https://scaliseforms.house.gov/contact/	111 Veterans Memorial Blvd Suite 803 Metairie, LA 70005
Maine	Jared Golden	Armed Services|Natural Resources	DC: 202-225-6306 In state: Bangor: (207) 249-7400 Caribou: (207) 492-6009 Lewiston: (207) 241-6767 Fax: (202) 225-2943, (771) 200-5805	https://golden.house.gov/address_authentication?form=/contact	179 Lisbon Street Lewiston, ME 04240
	Chellie Pingree	Agriculture|Appropriations	DC: 202-225-6116 In state: Portland: (207) 774-5019 Waterville: (207) 873-5713 Fax: (202) 225-5590, (207) 871-0720, (207) 873-5717	https://pingree.house.gov/contact/contactform.htm	1 Silver Street Waterville, ME 04901
Maryland	Sarah Elfreth	Armed Services|Natural Resources	DC: 202-225-4016 In state: (410) 832-8890	https://elfreth.house.gov/address_authentication?form=/contact/email-me	10440 Little Patuxent Parkway Suite 550 Columbia, MD 21044
	Steny Hoyer	Appropriations	DC: 202-225-4131 In state: Greenbelt: (301) 474-0119 White Plains: (301) 843-1577 Fax: (202) 225-4300, (301) 474-4697, (301) 843-1331	https://hoyer.house.gov/address_authentication?form=/help/contact	6500 Cherrywood Lane, Suite 310 Greenbelt, MD 20770
	Andy Harris (V)	Appropriations	DC: 202-225-5311 In state: Bel Air: 410-588-5670 Salisbury: 443-944-8624	https://harris.house.gov/address_authentication?form=/contact	1536 Longworth House Office Building Washington, DC 20515 ^ website says all letters should be sent to DC address
	Glenn Ivey	Appropriations|Ethics	DC: 202-225-8699 In state: Landover: (240) 906-6262	https://ivey.house.gov/address_authentication?form=/contact	4301 Garden City Dr. Suite 405 Landover, MD 20785
	Kweisi Mfume	Foreign Affairs|Oversight and Government Reform	DC: 202-225-4741 In state: Baltimore County: (410) 818-2120 Baltimore City: (410) 685-9199 Fax: (202) 225-3178	https://mfume.house.gov/address_authentication?form=/contact/email-me	754 Frederick Road Catonsville, MD 21228
	April McClain Delaney	Agriculture|Science, Space, and Technology	DC: 202-225-2721 In state: Frederick: (301) 926-0300 Fax: (443) 441-6277	https://mcclaindelaney.house.gov/address_authentication?form=/contact/email-me	30 W. Patrick St. Suite 505 Frederick, MD 21701
	Johnny Olszewski	Foreign Affairs|Small Business	DC: 202-225-3061 In state: (410) 427-5725	https://olszewski.house.gov/address_authentication?form=/contact/email-me	110 West Road Suite 420 Towson, MD 21204
	Jamie Raskin	Judiciary	DC: 202-225-5341 In state: Rockville: 301-354-1000	https://raskin.house.gov/email-jamie	51 Monroe St Rockville, MD 20850
Massachusetts	Katherine Clark	x	DC: 202-225-2836 In state: (617) 354-0292	https://katherineclark.house.gov/email-me	157 Pleasant St, Suite 4 Malden, MA 02148
	Jake Auchincloss (V)	Energy and Commerce	DC: 202-225-5931 In state: Newton: (617) 332-3333 Attleboro: (508) 431-1110 Fax: (202) 225-0182	https://auchincloss.house.gov/contact/emailme?1	8 N. Main St., Suite 200 Attleboro, MA 02703
	Bill (William) Keating	Armed Services|Foreign Affairs	DC: 202-225-3111 In state: Hyannis: (508) 771-6868 New Bedford: (508) 999-6462 Plymouth: (508) 746-9000 Fax: (202) 225-5658, (508) 790-1959, (508) 999-6468, (508) 732-0072	https://keating.house.gov/zip_authentication?form=/contact	251 Stevens Street Suite E Hyannis, MA 02601

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	Stephen Lynch	Financial Services|Oversight and Government Reform	DC: 202-225-8273 In state: Boston: (617) 428-2000 Brockton: (508) 586-5555 Quincy: (617) 657-6305 Fax: (202) 225-3984, (617) 428-2011, (508) 580-4692, (617) 773-0995	https://lynch.house.gov/email-me	37 Belmont Street, 2nd Floor, Suite 3 Brockton, MA 02301
	James McGovern	Agriculture|Rules	DC: 202-225-6101 In state: Northampton: 413-341-8700 Leominster: 978-466-3552 Worcester: 508-831-7356 Fax: 202-225-5759, 413-584-1216, 771-200-5672, 771-200-5609	https://mcgovern.house.gov/contact/zip-auth.htm	94 Pleasant Street Northampton, MA 01060
	Seth Moulton (V)	Armed Services|Transportation and Infrastructure|Select Comm on the Strategic Competition US and China	DC: 202-225-8020 In state: Salem: (978) 531-1669 Fax: (202) 225-5915, (771) 200-5585	https://moulton.house.gov/address_authentication?form=/contact/write-to-me/write-to-me-form	21 Front Street Salem, MA 01970
	Richard Neal	Joint Committee on Taxation|Ways and Means	DC: 202-225-5601 In state: Pittsfield: (413) 442-0946 Springfield: (413) 785-0325 Fax: (202) 225-8112, (413) 443-2792, (413) 747-0604	https://neal.house.gov/contact/	78 Center St. Pittsfield, MA 01201
	Ayanna Pressley	Financial Services|Oversight and Government Reform	DC: 202-225-5111 In state: (617) 850-0040 Fax: (202) 225-9322	https://pressley.house.gov/contact-us/	50 Redfield Street Suite 302 Boston, MA 02122
	Lori Trahan	Energy and Commerce	DC: 202-225-3411 In state: (978) 459-0101	https://trahan.house.gov/contact/write-your-rep.htm	126 John Street Suite 12 Lowell, MA 01852
Michigan	John Moolenaar	Appropriations|Select Comm on the Strategic Competition US and China	DC: 202-225-3561 In state: Caledonia: (616) 528-7100 Clare: (989) 802-6040 Fax: (202) 225-9679	https://moolenaar.house.gov/contact	431 North McEwan Street Clare, MI 48617
	Jack Bergman (V)	Armed Services|Budget|Veterans' Affairs	DC: 202-225-4735 In state: Traverse: (231) 944-7633 Gwinn: (906) 273-2227	https://bergman.house.gov/contact/	1396 Douglas Drive, Suite 22B Traverse City, MI 49696
	Tom Barrett (V)	Transportation and Infrastructure|Veterans' Affairs	DC: 202-225-4872 In state: Lansing: (517) 993-0510	https://barrett.house.gov/address_authentication?form=/contact/email-me	328 W Ottawa St Suite A Lansing, MI 48933
	Debbie Dingell	Energy and Commerce|Natural Resources	DC: 202-225-4071 In state: Ann Arbor: (734) 481-1100 Woodhaven: (313) 278-2936 Fax: (771) 200-5839	https://debbiedingell.house.gov/contact/	21869 West Road Woodhaven, MI 48183
	Bill Huizenga	Financial Services|Foreign Affairs	DC: 202-225-4401 In state: Holland: (616) 251-6741 Portage: (269) 569-8595 Fax: (202) 226-0779 (771) 200-5821	https://huizenga.house.gov/contact/	170 College Ave. Suite 160 Holland, MI 49423
	John James (V)	Energy and Commerce	DC: 202-225-4961 In state: Warren: (586) 498-7122	https://james.house.gov/contact/	30500 Van Dyke Avenue Suite 306 Warren, MI 48093
	Lisa McClain	Financial Services|Education and Workforce	DC: 202-225-2106 In state: Lake Orion: (586) 697-9300 Marlette: (586) 697-9300 Fax: (202) 226-1169	https://mcclain.house.gov/contact	30 N Broadway St. Lake Orion, MI 48362
	Kristen McDonald Rivet	Agriculture|Transportation and Infrastructure	DC: 202-225-3611 In state: Saginaw: (989) 898-6060 Flint: (810) 238-8627	https://mcdonaldrivet.house.gov/address_authentication?form=/contact/email-me	601 Saginaw Street Suite 403 Flint, MI 48502
	Haley Stevens	Education and Workforce|Science, Space, and Technology|Select Comm on the Strategic Competition US and China	DC: 202-225-8171 In state: Farmington Hills: (734) 853-3040	https://stevens.house.gov/address_authentication?form=/contact/email-me	30500 Northwestern Hwy Suite 525 Farmington Hills, MI 48334
	Hillary Scholten	Transportation and Infrastructure|Small Business	DC: 202-225-3831 In state: Grand Rapids: (616) 451-8383	https://scholten.house.gov/contact	110 Michigan Street NW Suite 460 Grand Rapids, MI 49503
	Rashida Tlaib	Financial Services|Oversight and Government Reform	DC: 202-225-5126 In state: Detroit: 313-463-6220 Southfield: 313-203-7540	https://tlaib.house.gov/contact	7800 W. Outer Drive Detroit, MI 48235
	Shri Thanedar	Agriculture|Homeland Security	DC: 202-225-5802 In state: Detroit: (313) 880-2400 Fax: (771) 200-5748	https://thanedar.house.gov/contact/email?clear	400 Monroe Street Suite 420 Detroit, MI 48226
	Tim Walberg	Education and Workforce|Natural Resources	DC: 202-225-6276 In state: Jackson: (517) 780-9075 Niles: (269) 479-3115 Fax: (202) 225-6281 (517) 780-9081	https://walberg.house.gov/address_authentication?form=/contact/email	401 W. Michigan Ave. Jackson, MI 49201

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Minnesota	Pete Stauber	Natural Resources|Transportation and Infrastructure|Small Business	DC: 202-225-6211 In state: Hermantown: (218) 481-6396	https://stauber.house.gov/contact/email-me	1408 Lake Street South Forest Lake, MN 55025
	Angie Craig	Agriculture	DC: 202-225-2271 In state: Eagan: (651) 846-2120	https://craig.house.gov/address_authentication?form=/contact/email-me	1915 Plaza Dr. Suite 202 Eagan, MN 55122
	Tom Emmer	Financial Services	DC: 202-225-2331 In state: Otsego: (763) 241-6848 Chaska: (952) 262-2999 Fax: (202) 225-6475 (763) 241-7955	https://emmer.house.gov/contact	9201 Quaday Ave. NE Suite 206 Otsego, MN 55330
	Michelle Fischbach	Rules|Ways and Means	DC: 202-225-2165 In state: Moorhead: (218) 422-2090 Willmar: (320) 403-6100 Fax: (202) 225-1593	https://fischbach.house.gov/contact	2513 8th Street S Moorhead, MN 56560
	Brad Finstad	Agriculture|Armed Services|Small Business	DC: 202-225-2472 In state: Rochester: (507) 577-6140 New Ulm: (507) 577-6151	https://finstad.house.gov/contact	110 N. Minnesota St. Suite 5 New Ulm, MN 56073
	Betty McCollum	Appropriations	DC: 202-225-6631 In state: St. Paul: (651) 224-9191 Fax: (202) 225-1968, (651) 224-3056	https://mccollum.house.gov/address_authentication?form=/contact/email	661 LaSalle Street, Suite 110 St. Paul, MN 55114
	Kelly Morrison	Small Business|Veterans' Affairs	DC: 202-225-2871 In state: 952-656-5176	https://morrison.house.gov/address_authentication?form=/contact/email-me	No office in state. Will look to see what I can add as an in district address
	Ilhan Omar	Budget|Education and Workforce	DC: 202-225-4755 In state: Minneapolis: (612) 333-1272	https://omar.house.gov/address_authentication?form=/contact/email-me	310 E 38th St Suite 222 Minneapolis, MN 55409
Mississippi	Michael Guest	Appropriations|Homel and Security|Ethics	DC: 202-225-5031 In state: Brandon: (769) 241-6120 Starkville: (662) 324-0007 Brookhaven: (601) 823-3400 Meridian: (601) 693-6681 Fax: (202) 225-5797	https://guest.house.gov/address_authentication?form=/contact	230 S Whitworth Ave Brookhaven, MS 39601
	Mike Ezell	Natural Resources|Transportation and Infrastructure	202-225-5772 In state: Gulfport: (228) 864-7670 Hattiesburg: (601) 582-3246 Pascagoula: (228) 202-5890 Laurel: (601) 425-7247	https://ezell.house.gov/contact/	641 Main Street, Suite 142 Hattiesburg, MS 39401
	Trent Kelly (V)	Agriculture|Armed Services|Intelligence	DC: 202-225-4306 In state: Eupora: (662) 687-1545 Iuka: (662) 687-1525 Columbus: (662) 327-0748 Hernando: (662) 687-0576 Fax: (202) 225-3549 (662) 328-5982	https://trentkelly.house.gov/contact/	855 South Dunn Street Eupora, MS 39744
	Bennie Thompson	Homeland Security	DC: 202-225-5876 In state: Natchez: (601) 492-9003 Mound Bayou: (662) 741-9003 Marks: (662) 326-9003 Jackson: (601) 946-9003 Bolton: (601) 866-9003 Greenville: (662) 335-9003 Fax: (202) 225-5898, (601) 982-5337, (601) 866-9036, (662) 334-1304	https://benniethompson.house.gov/address_authentication?form=/contact/email	910 Courthouse Lane Greenville, MS 38701
Missouri Scroll down and over for more states	Jason Smith	Joint Committee on Taxation|Ways and Means	DC: 202-225-4404 In state: Cape Girardeau: 573-335-0101 Farmington: 573-756-9755 Poplar Bluff: 573-609-2996 Rolla: 573-364-2455 West Plains: 417-255-1515 Fax: 202-226-0326, 573-335-1931, 573-756-9762, 573-364-1053, 417-255-2009	https://jasonsmith.house.gov/contact/	830A S. Bishop Rolla, MO 65401
	Mark Alford	Appropriations|Small Business	DC: 202-225-2876 In state: Columbia: 573.540.6600 Raymore: 816.441.6318 Lebanon: 417.532.5582	https://alford.house.gov/contact/	1272 West Foxwood Dr. Raymore, MO 64083
If there is a (V) after a name, they are a Veteran	Eric Bulison	Oversight and Government Reform|Transportation and Infrastructure	DC: 202-225-6536 In state: Springfield: (417) 889-1800 Joplin: (417) 781-1041 Fax: (771) 200-5750	https://burlison.house.gov/address_authentication?form=/contact	3232 E. Ridgeview St. Springfield, MO 65804
	Wesley Bell	Armed Services|Oversight and Government Reform	DC: 202-225-2406 In state: (314) 955-9980	https://bell.house.gov/address_authentication?form=/contact/email-me	1190 Cole St. St. Louis, MO 63101
	Emanuel Cleaver	Financial Services	DC: 202-225-4535 In state: Independence: (816) 833-4545 Kansas City: (816) 842-4545 Fax: (202) 225-4403, (771) 200-5575	https://cleaver.house.gov/address_authentication?form=/contact/email-me	411 W. Maple Avenue, Suite F Independence, MO 64050

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	Sam Graves	Armed Services|Transportation and Infrastructure	DC: 202-225-7041 In state: Kansas City: (816) 792-3976 Hannibal: (573) 221-3400 St. Joseph: (816) 749-0800 Troy: (636) 622-7106 Fax: (202) 225-8221 (816) 792-0694 (816) 749-0801	https://graves.house.gov/contact	12200 North Ambassador Dr Suite 234 Kansas City, MO 64163
	Bob (Robert) Onder	Education and Workforce|Judiciary|Transportation and Infrastructure	DC: 202-225-2956 In state: Cottleville: (636) 327-7055 Jefferson: (573) 635-7232	https://onder.house.gov/address_authentication?form=/contact/email-me	235 East High Street Jefferson City, MO 65101
	Ann Wagner	Financial Services|Intelligence	DC: 202-225-1621 In state: Washington: (636) 231-1001 Ballwin: (636) 779-5449	https://wagner.house.gov/address_authentication?form=/contact	516 Jefferson St Washington, MO 63090
Montana	Troy Downing	Financial Services|Small Business	DC: 202-225-3211 In state: Billings: (406) 413-6720 Helena: (406) 502-1435	https://downing.house.gov/address_authentication?form=/contact/email-me	401 North 31st Street Suite 770 Billings, MT 59101
	Ryan Zinke (V)	Appropriations|Foreign Affairs	DC: 202-225-5628 In state: Both offices: (406) 317-0277	https://zinke.house.gov/contact	923 South Main Kalispell, MT 59901
Nebraska	Adrian Smith	Joint Committee on Taxation|Ways and Means	DC: 202-225-6435 In state: Nebraska City: (402) 874-6050 Scottsbluff: (308) 633-6333 Grand Island: (308) 384-3900 Fax: (202) 225-0207, (402) 874-6049, (308) 633-6335, (308) 384-3902	https://adriansmith.house.gov/address_authentication?form=/contact	202 South 8th Street Suite A Nebraska City, NE 68410
	Don Bacon (V)	Agriculture|Armed Services	DC: 202-225-4155 In state: Omaha: (402) 938-0300 Saunders: (402) 607-0077	https://bacon.house.gov/contact/	543 Linden Street Wahoo, NE 68066
	Mike Flood	Financial Services	DC: 202-225-4806 In state: (402) 438-1598	https://flood.house.gov/contact	301 South 13th Street Suite 100 Lincoln, NE 68508
Nevada	Steven Horsford	Ways and Means	DC: 202-225-9894 In state: North Las Vegas: (702) 963-9360 Fax: (202) 225-9783	https://horsford.house.gov/address_authentication?form=/contact	2250 N Las Vegas Blvd Suite 500 North Las Vegas, NV 89030
	Mark Amodei (V)	Appropriations|Natural Resources	DC: 202-225-6155 In state: Elko: (775) 777-7705 Reno: (775) 686-5760 Fax: (202) 225-5679 (775) 686-5711	https://amodei.house.gov/address_authentication?form=/email-me	5310 Kietzke Lane Suite 103 Reno, NV 89511
	Susie Lee	Appropriations	DC: 202-225-3252 In state: Las Vegas: (702) 963-9336	https://susielee.house.gov/address_authentication?form=/contact	7785 W Sahara Ave Suite 203 Las Vegas, NV 89117
	Dina Titus	Foreign Affairs|Transportation and Infrastructure	DC: 202-225-5965 In state: Las Vegas: (702) 220-9823 Fax: (202) 225-3119, (702) 220-9841	https://titus.house.gov/contact/	495 South Main Street, 3rd Floor Las Vegas, NV 89101
New Hampshire	Maggie Goodlander (V)	Armed Services|Small Business	DC: 202-225-5206 In state: Concord: (603) 226-1002 Nashua: (603) 595-2006 Littleton: (603) 444-7700	https://goodlander.house.gov/contact/email-me	18 North Main Street 4th Floor Concord, NH 03301
	Chris Pappas	Transportation and Infrastructure|Veterans' Affairs	DC: 202-225-5456 In state: Manchester: (603) 935-6710 Dover: (603) 285-4300 North Conway: (603) 733-5100 Fax: (603) 343-1326	https://pappas.house.gov/zip_authentication?form=/contact/email-me	889 Elm Street Manchester, NH 03101
New Jersey	Chris Smith	Foreign Affairs	DC: 202-225-3765 In state: Ocean County: (732) 504-0567 Monmouth County: (732) 780-3035	https://chrissmith.house.gov/contact/zipauth.htm	1715 Highway 35 North, Suite 303 Middletown, NJ 07748
	Herbert Conaway (V)	Small Business|Veterans' Affairs	DC: 202-225-4765 In state: (609) 438-6290	https://conaway.house.gov/address_authentication?form=/contact/email-me	4573 South Broad Street Trenton, NJ 08620
	Josh Gottheimer	Financial Services|Intelligence	DC: 202-225-4465 In state: Fair Lawn: (201) 389-1100 Newton: (973) 940-1117 Fort Lee: (973) 814-4076 Englewood: (973) 814-4076 Vernon: (973) 814-4076 Hackensack: (973) 814-4076 Ringwood: (973) 814-4076	https://gottheimer.house.gov/contact	93 Spring Street Suite 408 Newton, NJ 07860
	Tom (Thomas) Kean	Foreign Affairs|Energy and Commerce	DC: 202-225-5361 In state: Lebanon Borough: 908-547-3307	https://kean.house.gov/address_authentication?form=/contact	111 River Styx Road Hopatcong, NJ 07843
	Rob (Robert) Menendez	Energy and Commerce	DC: 202-225-7919 In state: Jersey City: (201) 309-0301	https://menendez.house.gov/address_authentication?form=/contact	257 Cornelison Avenue, Suite 4408 Jersey City, NJ 07302
	LaMonica McIver	Homeland Security|Small Business	DC: 202-225-3436 In state: Newark: (973) 645-3213	https://mciver.house.gov/address_authentication?form=/contact	60 Park Place Suite 302 Newark, NJ 07102

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	Donald Norcross	Armed Services|Education and Workforce	DC: 202-225-6501 In state: Both offices: (856) 427-7000 Fax: (856) 427-7000	https://norcross.house.gov/email-me	10 Melrose Avenue Suite 210 Cherry Hill, NJ 08003
	Frank Pallone	Energy and Commerce	DC: 202-225-4671 In state: Long Branch: (732) 571-1140 New Brunswick: (732) 249-8892 Fax: (202) 225-9665, (732) 870-3890, (732) 249-1335	https://palloneforms.house.gov/contact/	504 Broadway Long Branch, NJ 07740
	Nellie Pou	Homeland Security|Transportation and Infrastructure	DC: 202-225-5751 In state: Paterson: (973) 523-5152	https://pou.house.gov/address_authentication?form=/contact/email-me	100 Hamilton Plaza Suite 1400 Paterson, NJ 07505
	Mikie Sherrill (V)	Armed Services|Select Comm on the Strategic Competition US and China	DC: 202-225-5034 In state: Livingston: (973) 526-5668 Fax: (202) 225-3186	https://sherrill.house.gov/address_authentication?form=/contact/email-me	357 S. Livingston Avenue Suite 201 Livingston, NJ 07039
	Jefferson Van Drew	Judiciary|Transportation and Infrastructure	DC: 202-225-6572 In state: Northfield: (609) 625-5008	https://vandrew.house.gov/contact/	1001 Tilton Road Suite 101 Northfield, NJ 08225
	Bonnie Watson Coleman	Appropriations|Budget	DC: 202-225-5801 In state: Ewing: (609) 883-0026 Fax: (202) 225-6025, (609) 883-2093	https://watsoncoleman.house.gov/contact/share-your-opinion	850 Bear Tavern Road, Suite 201 Ewing, NJ 08628
New Mexico	Melanie Stansbury	Oversight and Government Reform|Natural Resources	DC: 202-225-6316 In state: Albuquerque: (505) 346-6781	https://stansbury.house.gov/contact	6301 Indian School Rd Suite 420 Albuquerque , NM 87110
	Teresa Leger Fernandez	Natural Resources|Rules	DC: 202-225-6190 In state: Santa Fe: (505) 428-4680 Clovis: (505) 428-4680 Gallup: (505) 551-4696 Las Vegas: (505) 428-4680	https://fernandez.house.gov/contact/	418 Main Street Clovis, NM 88101
	Gabe Vasquez	Agriculture|Armed Services	DC:202-225-2365 In state: Las Cruces: (575) 323-6390 Albuquerque: (505) 208-4777	https://vasquez.house.gov/address_authentication?form=/contact	115 W. Griggs Ave. Las Cruces, NM 88001
New York	Dan Goldman	Homeland Security|Judiciary	DC: 202-225-7944 In state: Manhattan: (212) 822-7878 Brooklyn: (718) 312-7575	https://goldman.house.gov/address_authentication?form=/contact	Industry City 254 36 Street, B-329 Brooklyn, NY 11232
	Adriano Espaillat	Appropriations	DC: 202-225-4365 In state: New York: (212) 497-5959, (212) 663-3900 Bronx: (646) 740-3632 Fax: (202) 226-9731	https://espaillat.house.gov/address_authentication?form=/email	3107 Kingsbridge Avenue Bronx, NY 10463
	Timothy Kennedy	Homeland Security/Veterans' Affairs	DC: 202-225-3306 In state: Buffalo: (716) 852-3501 Niagara Falls: (716) 282-1274 Fax: (716) 852-3929, (716) 282-2479	https://kennedy.house.gov/contact/	726 Exchange Street, Suite 601 Buffalo, NY 14210
	Alexandria Ocasio-Cortez (AOC)	Energy and Commerce	DC: 202-225-3965 In state: Astoria: 718-662-5970	https://ocasio-cortez.house.gov/contact	30-83 31st Street Queens, NY 11102
	Ritchie Torres	Financial Services|Select Comm on the Strategic Competition US and China	DC: 202-225-4361 In state: Bronx: (718) 503-9610	https://ritchietorres.house.gov/contact	540 E Fordham Rd. Suite 2A Bronx, NY 10458
	Nydia Velazquez	Financial Services|Natural Resources|Small Business	DC: 202-225-2361 In state: Sunnyside: (718) 340-6244 Brooklyn: (718) 599-3658	https://velazquez.house.gov/zip_authentication?form=/contact	39-16 47th Avenue Sunnyside , NY 11104
	Nick LaLota (V)	Appropriations|Small Business	202-225-3826 In state: Hauppauge: (631) 289-1097 Rockey Point: (631) 289-1097	https://lalota.house.gov/address_authentication?form=/contact	515 Hauppauge Road Suite 3B Hauppauge, NY 11788
	Andrew Garbarino	Financial Services|Homeland Security|Ethics	DC: 202-225-7896 In state: (631) 541-4225 Fax: (202) 226-2279	https://garbarino.house.gov/contact	31 Oak Street Suite 20 Patchogue, NY 11772
	Thomas Suozzi	Ways and Means	DC: 202-225-3335 In state: Glen Cove: (516) 861-1070 Douglaston: (718) 631-0400	https://suozzi.house.gov/address_authentication?form=/contact	51 Glen Street Second Floor Glen Cove, NY 11542
	Laura Gillen	Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-5516 In state: Garden City: (516) 739-3008	https://gillen.house.gov/address_authentication?form=/contact/email-me	229 7th Street Suite 102 Garden City, NY 11530
	Gregory Meeks	Financial Services|Foreign Affairs	DC: 202-225-3461 In state: Jamaica: (718) 725-6000 Rockaway Peninsula: (347) 230-4032 Fax: (202) 226-4169, (718) 725-9868, (347) 230-4045	https://meeks.house.gov/address_authentication?form=/contact	67-12 Rockaway Beach Boulevard Arverne, NY 11692
	Grace Meng	Appropriations	DC: 202-225-2601 In state: Flushing: (718) 358-6364 Fax: (202) 225-1589, (718) 445-7868	https://meng.house.gov/address_authentication?form=/contact	40-13 159th St, STE A Flushing, NY 11358

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	Hakeem Jeffries	x	DC: 202-225-5936 In state: Central Brooklyn: (718) 237-2211 South Brooklyn: (718) 373-0033	https://jeffriesforms.house.gov/contact/	55 Hanson Place Suite 603 Brooklyn, NY 11217
	Yvette Clarke	Energy and Commerce	DC: 202-225-6231 In state: Brooklyn: (718) 287-1142 Fax: (202) 226-0112, (718) 287-1223	https://clarke.house.gov/contact/email/	222 Lenox Road, Suites 1 & 2 Brooklyn, NY 11226https://clarke.house.gov/contact/email/
	George Latimer	Foreign Affairs|Small Business	DC: 202-225-2464 In state: White Plains: (914) 323-5550 Bronx: (718) 530-7888	https://latimer.house.gov/address_authentication?form=/contact/email-me	222 Mamaroneck Ave Suite 312 White Plains, NY 10605
	Nicole Malliotakis	Ways and Means	DC: 202-225-3371 In state: Staten Island: (718) 568-2870 Brooklyn: (718) 306-1620	https://malliotakis.house.gov/contact	7716 Third Avenue Brooklyn, NY 11209
	Jerrold Nadler	Judiciary|Transportation and Infrastructure	DC: 202-225-5635 In state: Manhattan: 212-367-7350	https://nadler.house.gov/contact/	201 Varick Street, Suite 669 New York, NY 10014
	Mike (Michael) Lawler	Financial Services|Foreign Affairs	DC: 202-225-6506 In state: Pearl River: (845) 201-2060 Carmel: (845) 743-7130	https://lawler.house.gov/contact/	60 McAlpin Ave Mahopac, NY 10541
	Pat (Patrick) Ryan (V)	Armed Services|Transportation and Infrastructure	DC: 202-225-5614 In state: Poughkeepsie: (845) 443-2930 Newburgh: (845) 275-6390 Kingston: (845) 443-2980	https://patryan.house.gov/address_authentication?form=/contact/email-me	245 Liberty Street Newburgh, NY 12550
	Josh Riley	Agriculture|Science, Space, and Technology	DC: 202-225-5441 In state: Binghamton: (607) 242-0200 Leeds: (518) 625-2100	https://riley.house.gov/address_authentication?form=/contact/email-me	49 Court Street Suite 210 Binghamton, NY 13901
	Paul Tonko	Budget|Energy and Commerce	DC: 202-225-5076 In state: Albany: (518) 465-0700 Saratoga: (518) 374-4547 Fax: (202) 225-5077, (518) 427-5107	https://tonko.house.gov/contact/	19 Dove Street, Unit 302 Albany, NY 12210
	Elise Stefanik	Armed Services|Education and Workforce	DC: 202-225-4611 In state: Plattsburgh: (518) 561-2324 Herkimer: (315) 219-8005 Ogdensburg: (315) 541-2670 Southeast: (518) 242-4707 Fax: (518) 561-2408	https://stefanik.house.gov/contact	137 Margaret Street, Suite 100 Plattsburgh, NY 12901
	John Mannion	Agriculture|Education and Workforce	DC: 202-225-3701 In state: Syracuse: (315) 233-4333 Utica: (315) 732-0713	https://mannion.house.gov/contact/email-me	440 South Warren Street Suite 706 Syracuse, NY 13202
	Nicholas Langworthy	Oversight and Government Reform|Energy and Commerce|Rules	DC: 202-225-3161 In state: Jamestown: (716) 488-8111 Olean: (585) 543-5033 Corning: (607) 377-3130	https://langworthy.house.gov/address_authentication?form=/contact	1 Bluebird Square Olean, NY 14760
	Claudia Tenney	Intelligence|Science, Space, and Technology|Ways and Means	DC: 202-225-3665 In state: Lockport: (716) 514-5130 Canandaigua: (585) 869-2060 Oswego: (315) 236-7088	https://tenney.house.gov/contact	169 Niagara Street Lockport, NY 14094
	Joseph Morelle	Appropriations|House Administration|Joint Committee of Congress on the Library	DC: 202-225-3615 In state: Rochester: (585) 232-4850 Fax: (771) 200-5554	https://morelleforms.house.gov/contact/?form=/contact/email-me	255 East Ave. Suite 150 Rochester, NY 14604
North Carolina	Richard Hudson	Energy and Commerce	DC: 202-225-3715 In state: Southern Pines: (910) 910-1924 Fayetteville: (910) 997-2070 Fax: (202) 225-4036 (910) 817-7202	https://hudson.house.gov/address_authentication?form=/contact	340 Commerce Ave Suite 16 Southern Pines, NC 28387
	Alma Adams	Agriculture|Education and Workforce	DC: 202-225-1510 In state: Charlotte: (704) 344-9950 Fax: (202) 225-1512, (704) 344-9971	https://adamsforms.house.gov/contact/	10735 David Taylor Dr. Charlotte, NC 28262
	Don (Donald) Davis (V)	Agriculture|Armed Services	DC: 202-225-3101 In state: All offices: (252) 999-7600	https://dondavis.house.gov/address_authentication?form=/contact/questions-comments	306 E Colonial Ave Elizabeth City, NC 27909
	Chuck Edwards	Appropriations|Budget	DC: 202-225-6401 In state: (828) 435-7310 Fax: (771) 200-5795	https://edwards.house.gov/contact	200 North Grove Street Suite 121 Hendersonville, NC 28792
	Virginia Foxx	Education and Workforce|Oversight and Government Reform|Rules	DC: 202-225-2071 In state: Boone: (828) 265-0240 Mayodan: (336) 778-0211 Fax: (202) 225-2995 (336) 778-2290	https://foxx.house.gov/connect/default.aspx	208 W. Main St. Mayodan, NC 27027
	Valerie Foushee	Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-1784 In state: (919) 967-7924 Fax: (984) 234-7724	https://foushee.house.gov/contact	2605 Meridian Parkway Suite 110 Durham, NC 27713
	Pat Harrigan (V)	Armed Services|Science, Space, and Technology	DC: 202-225-2576 In state: (828) 327-6100	https://harrigan.house.gov/contact/email-me	800 17th Street NW, Suite G467 Hickory, NC 28601

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	Mark Harris	Agriculture|Education and Workforce|Judiciary	DC: 202-225-1976 In state: Laurinburg: (910) 887-6424 Monroe: (704) 218-5300	https://markharris.house.gov/address_authentication?form=/contact/email-me	303 West Church Street Laurinburg, NC 28352
	Brad Knott	Homeland Security|Judiciary|Transportation and Infrastructure	DC: 202-225-4531 In state: (984) 275-6150 Fax: (984) 275-6150	https://knott.house.gov/address_authentication?form=/contact/email-me	455 McKinney Pkwy Lillington, NC 27546
	Gregory Murphy	House Administration|Veterans' Affairs|Ways and Means	202-225-3415 In state: Greenville: (252) 931-1003 Jacksonville: (910) 937-6929 Manteo: (252) 230-3549 New Bern: (252) 636-6612, (252) 214-5787	https://gregmurphyforms.house.gov/contact/email-me.htm	2402 Dr. M.L.K. Jr. Blvd. New Bern, NC 28562
	Tim Moore	Financial Services|Budget	DC: 202-225-5634 In state: (980) 460-8110	https://timmoore.house.gov/address_authentication?form=/contact/email-me	128 West Main Avenue Gastonia, NC 28052
	Addison McDowell	Budget|Natural Resources|Transportation and Infrastructure	DC: 202-225-3065 No in state offices?	https://mcdowell.house.gov/address_authentication?form=/contact/email-me	30 E. 1st Ave Lexington, NC 27292
	Deborah Ross	Judiciary|Ethics|Science, Space, and Technology	DC: 202-225-3032 In state: Raleigh District: (919) 334-0840 Fax: (202) 225-0181, (919) 828-1179	https://rossforms.house.gov/forms/writeyourrep/	300 Fayetteville Street P.O. Box 1548 Raleigh, NC 27602
	David Rouzer	Agriculture|Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-2731 In state: Brunswick County: (910) 253-6111 Cumberland County: (910) 500-4880 New Hanover County: (910) 395-0202 Fax: (771) 200-5605	https://rouzer.house.gov/contact/	225 Green Street Suite 202 Fayetteville, NC 28301
North Dakota	Julie Fedorchak	Energy and Commerce	DC: 202-225-2611 In state: Bismarck: (701) 354-6700 Fargo: (701) 353-6665 Fax: (202) 226-3410 (701) 707-0711	https://fedorchak.house.gov/address_authentication?form=/contact/email-me	3217 Fiechtner Drive Suite B Fargo, ND 58103
Ohio	Jim Jordan	Oversight and Government Reform|Judiciary	DC: 202-225-2676 In state: Lima: (419) 999-6455 Mansfield: (419) 982-8045 Fax: (202) 226-0577, (419) 999-4238, (771) 200-5657	https://jordan.house.gov/address_authentication?form=/contact	3121 West Elm Plaza Lima, OH 4580
Add: Northern Mariana Islands	Joyce Beatty	Financial Services	DC: 202-225-4324 In state: Columbus: (614) 220-0003 Fax: (202) 225-1984, (614) 220-5640	https://beatty.house.gov/contact	471 East Broad Street Suite 1100 Columbus, OH 43215
	Troy Balderson	Energy and Commerce	DC: 202-225-5355 In state: (614) 523-2555	https://balderson.house.gov/contact/	12931 Stonecreek Drive Pickerington, OH 43147
	Shontell Brown	Agriculture|Oversight and Government Reform|Select Comm on the Strategic Competition US and China	DC: 202-225-7032 In state: District Office East: (216) 522-4900	https://shontelbrown.house.gov/address_authentication?form=/contact	25200 Chagrin Blvd Suite 200 Beachwood, OH 44122
	Mike Carey (V)	Budget|House Administration|Joint Committee of Congress on the Library|Ways and Means	DC: 202-225-2015 In state: 614-927-6902	https://carey.house.gov/contact/	140 E Town St. Suite 1200 Columbus, Oh 43215
	Warren Davidson (V)	Financial Services|Foreign Affairs	DC: 202-225-6205 In state: Butler County: 513) 779-5400 Hamilton County: (513) 779-5400	https://davidson.house.gov/constituent-validation	5520 Harrison Avenue, Suite C Cincinnati, OH 45248
	Dave (David) Joyce	Financial Services	DC: 202-225-5731 In State: (440) 352-3939	https://joyce.house.gov/contact	8500 Station Street, Suite 390 Mentor, OH 44060
	Marcy Kaptur	Appropriations|Budget	DC: 202-225-4146 In state: Toledo: (419) 259-7500	https://kaptur.house.gov/address_authentication?form=/contact	1 Maritime Plaza #600 Toledo, OH 43604
	Bob (Robert) Latta	Energy and Commerce	DC: 202-225-6405 In state: Bowling Green: (419) 354-8700 Findlay: (419) 422-7791 Elyria: (440) 406-5010 Fax: (202) 225-1985	https://latta.house.gov/contact/	318 Dorney Plaza, Rm 302 Findlay, OH 45840
	Greg Landsman	Energy and Commerce	DC: 202-225-2216 In state: Cincinnati: (513) 810-7988 Lebanon: (513) 409-6188	https://landsman.house.gov/contact	11 S Broadway St, Ste 301 Lebanon, OH 45036
	Max Miller (V)	Science, Space, and Technology|Ways and Means	DC: 202-225-3876 In state: Parma: 440-692-6120 Medina:330-661-6654	https://maxmiller.house.gov/contact	No in state office address. Boo. 143 Cannon House Office Building Washington, DC 20515
	Mike (Michael) Rulli	Education and Workforce|Energy and Commerce	DC: 202-225-5705 In state: Canfield: (330) 967-7312 St.Clairsville: (202) 225-5705	https://rulli.house.gov/contact/	246 Front Street Marietta, OH 45750

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	Emilia Strong Sykes	Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-6265 In state: Both offices: (330) 400-5350	https://sykes.house.gov/contact/email-me	400 Third St. SE, Suite W101 Canton, OH 44702
	Mike (Michael) Turner	Armed Services|Oversight and Government Reform	DC: 202-225-6465 In state: Dayton: (937) 225-2843 Fax: (202) 225-6754 (937) 225-2752	https://turner.house.gov/email-me	120 West 3rd St, STE. 305 Dayton, OH 45402
	Dave (David) Taylor	Agriculture|Transportation and Infrastructure	DC: 202-225-3164 In state: Union Township: (513) 474-7777 Peebles: (513) 605-1380 Chillicothe: (740) 672-7040	https://taylor.house.gov/contact/email-me	170 North Main Street Peebles, OH 45660
Oklahoma	Stephanie Bice	Appropriations|House Administration	DC: 202-225-2132 In state: (405) 300-6890 Fax: (855) 235-5024	https://biceforms.house.gov/contact/	101 N Robinson Suite 1105 Oklahoma City, OK 73102
	Josh Brecheen	Budget|Homeland Security	DC: 202-225-2701 In state: (918) 283-6262	https://brecheen.house.gov/contact/	223 W Patti Page Blvd. Claremore, OK 74017
	Tom Cole	Appropriations	DC: 202-225-6165 In state: Ada: (580) 436-5375 Lawton: (580) 357-2131 Norman: (405) 329-6500 Fax: (202) 225-3512 (405) 321-7369	https://cole.house.gov/zip_authentication?form=/contact/email	711 SW D Ave. Suite 201 Lawton, OK 73501
	Kevin Hern	Ways and Means	DC: 202-225-2211 In state: (918) 935-3222 Fax: (202) 225-9187	https://hern.house.gov/contact/	2448 East 81st Street Suite 5150 Tulsa, OK 74137
	Frank Lucas	Agriculture|Financial Services	DC: 202-225-5565 In state: 405-373-1958	https://lucas.house.gov/contact	11528 SW 15th Street Suite 200 Yukon, OK 73099
Oregon	Suzanne Bonamici	Education and Workforce|Science, Space, and Technology	DC: 202-225-0855 In state: Beaverton: (503) 469-6010 Fax: (202) 225-9497, (503) 469-6018	https://bonamici.house.gov/contact/email/comment	12725 Southwest Millikan Way Suite 220 Beaverton, OR 97005
	Cliff Bentz	Energy and Commerce|Natural Resources	DC: 202-225-6730 In state: Medford: (541) 776-4646 Ontario: 541) 709-2040 Fax: (202) 225-5774 (541) 779-0204	https://bentz.house.gov/zip_authentication?form=/contact	2430 SW 4th Avenue #2 Ontario, OR 97914
	Maxine Dexter	Natural Resources|Veterans' Affairs	DC: 202-225-4811 In state: Portland: (503) 231-2300	https://dexter.house.gov/contact/email-me	911 NE 11th Ave Portland, OR 97232
	Janelle Bynum	Financial Services	DC: 202-225-5711 In state: Oregon City: (503) 387-8651	https://bynum.house.gov/address_authentication?form=/contact/email-me	502 7th Street Suite 203 Oregon City, OR 97045
	Val Hoyle	Natural Resources|Transportation and Infrastructure	DC: 202-225-6416 In state: Eugene: (541) 465-6732	https://hoyle.house.gov/contact/email-val?clear	940 Willamette St Eugene, OR 97401
	Andrea Salinas	Agriculture|Science, Space, and Technology	DC: 202-225-5643 In state: Both offices: (503) 385-0906	https://salinas.house.gov/address_authentication?form=/contact	530 Center Street NE #415 Salem, OR 97301
Pennsylvania	Glenn "GT" Thompson	Agriculture|Education and Workforce	DC: 202-225-5121 In state: Bellefonte: (814) 353-0215 Oil City: (814) 670-0432 Fax: (202) 225-5796 (814) 353-0218 (814) 670-0868	https://thompson.house.gov/zip_authentication?form=/contact/email-me	3555 Benner Pike Suite 101 Bellefonte, PA 16823
	Brendan Boyle	Budget|Ways and Means	DC: 202-225-6111 In state: Philadelphia: (267) 335-5643, (215) 335-3355, (215) 982-1156 Fax: (771) 200-5845, (267) 437-3886, (215) 856-3734, (267) 639-9944	https://boyle.house.gov/address_authentication?form=/contact/email	1318 West Girard Avenue Philadelphia, PA 19123
If there is a (V) after a name, they are a Veteran	Bob (Robert) Bresnahan	Agriculture|Transportation and Infrastructure|Small Business	DC: 202-225-5546 In state: Forty Fort: (570) 763-6120 Scranton: (570) 906-6850 Scotrun: (570) 534-6220 Hazleton: (570) 710-6830	https://bresnahan.house.gov/address_authentication?form=/contact/email-me	900 Rutter Avenue Bldg. B, 1st Floor, Suite C, Box 23 Forty Fort, PA 18704
	Chris (Christopher) Deluzio (V)	Armed Services|Transportation and Infrastructure	DC: 202-225-2301 In state: Beaver Country: (724) 206-4860 Penn Hills/Carnegie: (412) 344-5583	https://deluzio.house.gov/address_authentication?form=/contact	3468 Brodhead Road Suite 1 Monaca, PA 15061
	Madeleine Dean	Appropriations|Foreign Affairs	DC: 202-225-4731 In state: Glenside: 215-884-4300 Pottstown: 610-382-1250 Fax: 215-884-3640	https://dean.house.gov/email-me	115 E Glenside Ave, Suite 1 Glenside, PA 19038
	Dwight Evans	Ways and Means	DC: 202-225-4001 In state: Philadelphia: (215) 276-0340 Philadelphia Point Breeze: (215) 254-3400 Fax: (202) 225-5392, (771) 200-5094	https://evans.house.gov/zip_authentication?form=/contact/email	7174 Ogontz Avenue Philadelphia, PA 19138

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	Brian Fitzpatrick	Intelligence|Ways and Means	DC: 202-225-4276 In state: (215) 579-8102 Fax: (202) 225-9511 (215) 579-8109	https://fitzpatrick.house.gov/email	1717 Langhorne Newtown Rd. Suite 225 Langhorne, PA 19047
	Chrissy Houlahan (V)	Armed Services|Intelligence	DC: 202-225-4315 In state: West Chester: (610) 883-5050 Reading: (610) 295-0815	https://houlahan.house.gov/contact/	201 Penn Street, Suite 201 Reading, PA 19601
	John Joyce	Energy and Commerce	202-225-2431 In state: Cambria County: (814) 485-6020 Adams County: (717) 357-6320 Johnstown: (814) 485-6020 Juniata Valley: (717) 357-6320 Altoona: (814) 656-6081 Chambersburg: (717) 753-6344	https://johnjoyce.house.gov/address_authentication?form=/contact	5414 6th Avenue Altoona, PA 16602
	Mike Kelly	Ways and Means	DC: 202-225-5406 In state: Erie: (814) 454-8190 Hermitage: (724) 342-7170 Butler: (724) 282-2557 Fax: (202) 225-3103, (814) 454-8197, (724) 342-7242, (724) 282-3682	https://kelly.house.gov/address_authentication?form=/contact	33 Chestnut Avenue Sharon, PA 16146
	Summer Lee	Education and Workforce|Oversight and Government Reform	DC: 202-225-2135 In state: All offices: (412) 214-5000 Fax: (771) 200-5826	https://summerlee.house.gov/contact	551 Ravensburg Boulevard Clairton, PA 15025
	Dan (Daniel) Meuser	Financial Services|Small Business	DC: 202-225-6511 In state: Hamburg: (610) 428-0869 Lebanon: (717) 603-1459 Tunkhannock: (570) 665-3083 Williamsport: (570) 202-0658 Pottsville: (570) 871-6370	https://meuser.house.gov/address_authentication?form=/contact/email-me	511 Mile Road Tunkhannock, PA 18657
	Ryan Mackenzie	Education and Workforce|Foreign Affairs|Homeland Security	DC: 202-225-6411 In state: District Headquarters: (484) 781-6000 Allentown: (484) 781-6932 Carbon County: (570) 807-0333 Northampton County: (610) 333-1170	https://mackenzie.house.gov/contact/email-me	2151 Emrick Blvd. Suite 204 Bethlehem, PA 18020
	Scott Perry (V)	Foreign Affairs|Oversight and Government Reform|Intelligence|Transportation and Infrastructure	DC: 202-225-5836 In state: Cumberland County: 717-550-6565 Dauphin County: 717-603-4980 York County: 717-893-7868 Fax: 202-226-1000	https://perry.house.gov/contact/	4999 Louise Drive Suite 205 Mechanicsburg, PA 17055
	Guy Reschenthaler (V)	Appropriations	DC: 202-225-2065 In state: Washington: (724) 206-4800 Latrobe: (724) 219-4200	https://reschenthaler.house.gov/contact/email-me	5856 Route 981 Latrobe, PA 15650
	Lloyd Smucker	Budget|Ways and Means	DC: 202-225-2411 In state: Lancaster: (717) 393-0667 Red Lion: (717) 969-6133 Hanover: (717) 969-6132 Fax: (202) 225-2013 (717) 393-0924	https://smucker.house.gov/address_authentication?form=/contact	2270 Erin Court Lancaster, PA 17601
	Mary Gay Scanlon	Judiciary|Rules	DC: 202-225-2011 In state: Chester: (610) 626-2020	https://scanlon.house.gov/contact/	2501 Seaport Drive, BH230 Chester, PA 19013
Puerto Rico	Pablo Hernandez	Homeland Security|Natural Resources	202-225-2615	https://hernandez.house.gov/address_authentication?form=/contact/email-me	Calle Padial, esquina Calle Ruiz Belvis Caguas, PR 00725
Rhode Island	Seth Magaziner	Homeland Security|Natural Resources	DC: 202-225-2735 In state: Warwick: (401) 244-1201	https://magaziner.house.gov/contact	935 Jefferson Blvd. Suite 3003 Warwick, RI 02886
	Gabe Amo	Budget|Foreign Affairs|Science, Space, and Technology	DC: 202-225-4911 In state: (401) 729-5600 Fax: (202) 225-3290, (401) 729-5608	https://amo.house.gov/address_authentication?form=/contact	10 Charles Street Suite 200 Providence, RI 02904
South Carolina	Joe Wilson (V)	Armed Services|Education and Workforce|Foreign Affairs	DC: 202-225-2452 In state: Aiken/Barnwell: (803) 642-6416 Midlands: (803) 939-0041 Fax: (803) 642-6418 (803) 939-0078	https://joewilson.house.gov/zip_authentication?form=/contact	1930 University Parkway, Suite 1600 Aiken, SC 29801
	Sheri Biggs (V)	Foreign Affairs|Homeland Security|Science, Space, and Technology	DC: 202-225-5301 In state: (864) 224-7401	https://sheribiggs.house.gov/address_authentication?form=/contact/email-me	303 West Beltline Boulevard Anderson, SC 29625
	James Clyburn	Appropriations	DC: 202-225-3315 In state: Kingstree: (843) 355-1211 Santee: (803) 854-4700 Fax: (202) 225-2313, (843) 355-1232, (803) 854-4900	https://clyburn.house.gov/get-in-touch/	129 South Harvin Street Sumter, SC 29150
	Russel Fry	Energy and Commerce|Judiciary	DC: 202-225-9895 In state: Grand Strand: (843) 353-5377 Pee Dee: (843) 799-6880	https://fry.house.gov/contact/	1500 Hwy 17 N, Suite 304 Surfside Beach, SC 29575

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	Nancy Mace	Armed Services|Oversight and Government Reform|Veterans' Affairs	DC: 202-225-3176 In state: Daniel Island: (843) 352-7572 Beaufort: (843) 521-2530	https://mace.house.gov/contact	710 Boundary Street Beaufort, SC 29902
	Ralph Norman	Financial Services|Budget|Rules	DC: 202-225-5501 In state: Rock Hill: (803) 327-1114 Fax: (202) 225-0464 (803) 327-4330	https://norman.house.gov/contact/	516 Oakland Ave Rock Hill, SC 29730
	William Timmons (V)	Financial Services|Oversight and Government Reform	DC: 202-225-6030 In state: (864) 241-0175	https://timmons.house.gov/contact/	114 Trade Street Greer, SC 29651
South Dakota	Dusty Johnson	Agriculture|Transportation and Infrastructure|Select Comm on the Strategic Competition US and China	DC: 202-225-2801 In state: Aberdeen: (605) 622-1060 Rapid City: (605) 646-6454 Sioux Falls: (605) 275-2868	https://dustyjohnson.house.gov/address_authentication?form=/contact/email-me	2525 W Main Street Suite 310 Rapid City, SD 57702
Tennessee	Scott DesJarlais	Agriculture|Armed Services	DC: 202-225-6831 Instate: Murfreesboro: (615) 896-1986 Winchester: (931) 962-3180 Fax: (202) 226-5172 (615) 896-8218 (931) 962-3435	https://desjarlais.house.gov/email-me	1500 Medical Center Parkway Murfreesboro, TN 37129
	Tim Burchett	Foreign Affairs|Oversight and Government Reform|Transportation and Infrastructure	DC: 202-225-5435 In state: Knoxville: (865) 523-3772 Maryville: (865) 984-5464	https://burchett.house.gov/address_authentication?form=/contact/email-me	331 Court Street Maryville, TN 37804
	Steve Cohen	Judiciary|Transportation and Infrastructure	DC: 202-225-3265 In state: Memphis: (901) 544-4131 Fax: (202) 225-5663, (901) 544-4329	https://cohen.house.gov/address_authentication?form=/contact/email	167 North Main Street, Suite 369 Memphis, TN 38103
	Charles Fleischmann	Appropriations|Science, Space, and Technology	DC: 202-225-3271 In state: Oak Ridge: (865) 576-1976 Athens: (423) 745-4671 Chattanooga: (423) 756-2342 Fax: (202) 225-3494, (865) 576-3221, (423) 745-6025, (423) 756-6613	https://fleischmann.house.gov/address_authentication?form=/contact/email	6 East Madison Avenue Athens, TN 37303
	Mark Green (V)	Foreign Affairs|Homeland Security	DC: 202-225-2811 In state: Clarksville: (931) 266-4483 Franklin: (629) 223-6050 Nashville: (629) 999-4950	https://markgreen.house.gov/email-me	801 Broadway Suite C 507 Nashville, TN 37203
	Diana Harshbarger	Energy and Commerce	DC: (202) 225-6356 In state: Morristown: (423) 254-1400 Kingsport: (423) 398-5186 Fax: (423) 254-1403 (423) 398-5312	https://harshbarger.house.gov/contact	205 Revere Street Kingsport, TN 37660
	David Kustoff	Ways and Means	DC: 202-225-4714 In state: Jackson: (731) 423-4848 Memphis: (901) 682-4422 Martin: (731) 412-1043 Fax: (731) 427-1537	https://kustoff.house.gov/address_authentication?form=/contact/email	242 South Lindell Street Martin, TN 38237
	Andrew Ogles	Financial Services|Homeland Security	DC: 202-225-4311 In state: (931) 777-2140	https://ogles.house.gov/address_authentication?form=/contact	22 Public Square Suite 5 Columbia, TN 38401
	John Rose	Agriculture|Financial Services	DC: 202-225-4231 In state: Cookeville: (931) 854-9430 Gallatin: (615) 206-8204 Fax: (202) 225-6887 (615) 206-8980	https://johnrose.house.gov/address_authentication?form=/contact	321 East Spring Street Suite 306 Cookeville, TN 38501
Texas	August Pfluger (V)	Homeland Security|Energy and Commerce	202-225-3605 In state: Brownwood: (325) 646-1950 Killeen: (254) 669-6570 Llano: (325) 247-2826 Midland: (432) 687-2390 Odessa: (432) 331-9667 San Angelo: (325) 659-4010	https://pfluger.house.gov/contact/	501 Center Ave. Brownwood, TX 76801
	Jodey Arrington	Budget|Ways and Means	DC: 202-225-4005 In state: Lubbock: (806) 763-1611 Abilene: (325) 675-9779 Fax: (202) 225-9615 (806) 767-9168 (325) 675-5038	https://arrington.house.gov/contact/	500 Chestnut St. #819 Abilene, TX 79602
	Brian Babin (V)	Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-1555 In state: Deer Park: (832) 780-0966 Lumberton: (409) 883-8075 Woodville: (409) 331-8066 Liberty Satellite: (832) 780-0966	https://babin.house.gov/contact/	769 S. Main Street Lumberton, TX 77657
	John Carter	Appropriations	DC: 202-225-3864 In state: Bell County: (254) 933-1392 Williamson County: (512) 591-9061	https://carter.house.gov/contact/	4407 S Ih-35 Suite 101 Georgetown, TX 78626

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	Henry Cuellar	Appropriations	DC: 202-225-1640 In state: Rio Grande: (956) 487-5603 San Antonio: (210) 271-2851 Laredo: (956) 725-0639 Fax: (202) 225-1641, (956) 424-3936, (210) 277-6671, (956) 725-2647	https://cuellar.house.gov/contact/sendmeanemail.htm	100 N. FM 3167, Suite 208 Rio Grande City, TX 78582
	Joaquin Castro	Foreign Affairs|Intelligence	DC: 202-225-3236 In state: San Antonio: 210-348-8216 Fax: 202-225-1915, 210-979-0737	https://castro.house.gov/contact	727 E. Cesar E. Chavez Blvd Suite B-128 San Antonio, TX 78206
	Michael Cloud	Appropriations|Oversight and Government Reform	DC: 202-225-7742 In state: Corpus Christi: 361-884-2222 Victoria: 361-894-6446	https://cloud.house.gov/contact	120 S. Main St. Suite 310 Victoria, TX 77901
	Dan Crenshaw (V)	Energy and Commerce|Intelligence	DC: 202-225-6565 In state: Kingwood: (713) 860-1330 Woodlands: (281) 640-7720	https://crenshaw.house.gov/e mail-me	1849 Kingwood Dr. Suite #100 Kingwood, TX 77339
	Jasmine Crockett	Oversight and Government Reform|Judiciary	DC: 202-225-8885 In state: Dallas: (214) 922-8885	https://crockett.house.gov/address_authentication?form=/contact/email	1825 Market Center Blvd Suite 440 Dallas, TX 75207
	Greg Casar	Education and Workforce|Oversight and Government Reform	DC: 202-225-5645 In state: Austin: (512) 691-1200 San Antonio: (210) 580-7000	https://casar.house.gov/address_authentication?form=/contact	Austin, TX 78702 -- No full in state office address given. Boo. 446 Cannon House Office Building Washington, DC 20003
	Lloyd Doggett	Budget|Joint Committee on Taxation|Ways and Means	DC: 202-225-4865 In state: Austin: (512) 916-5921	https://doggett.house.gov/zip_authentication?form=/contact	300 East 8th St, 7th Floor Austin, TX 78701
	Monica De La Cruz	Agriculture|Financial Services	DC: 202-225-9901 In state: McAllen: (956) 800-6069 Sequin: (830) 463-0800 Wilson County: (956) 800-6069 Karnes County: (830) 463-0800 Live Oak County: (830) 463-0800 Jim Wells County: (956) 800-6069 Brooks County: (956) 800-6069	https://delacruz.house.gov/contact/	402 Houston St George West, TX 78022
	Jake Ellzey (V)	Appropriations|Small Business	DC: 202-225-2002 In state: Waxahachie: (469) 550-7150 Corsicana: (903) 602-7860	https://ellzey.house.gov/joys-and-concerns	122 N. Beaton St Corsicana, TX 75110
	Veronica Escobar	Appropriations|Budget	DC: 202-225-4831 In state: El Paso: (915) 541-1400	https://escobar.house.gov/contact/	221 N. Kansas Street Suite 1500 El Paso, TX 79901
	Pat Fallon (V)	Armed Services|Oversight and Government Reform|Intelligence	DC: 202-225-6673 In state: Grayson County: (903) 820-5170 Bowie County: (903) 716-7500 Rockwall County: (972) 771-0100 Collin County: (202) 913-4115	https://fallon.house.gov/contact/	15 James Carlow Drive New Boston, TX 75570
	Lizzie Fletcher	Energy and Commerce	DC: 202-225-2571 In state: Houston: (713) 353-8680 Fax: (771) 200-5948	https://fletcher.house.gov/contact/	3700 Buffalo Speedway Suite 610 Houston, TX 77098
	Al Green	x	DC: 202-225-7508 In state: Both offices: (713) 383-9234 Fax: (202) 225-2947, (713) 383-9202	https://algreen.house.gov/address_authentication?form=/contact	3003 South Loop West, Suite 460 Houston, TX 77054
	Vicente Gonzalez	Financial Services	DC: 202-225-2531 In state: All offices: (956) 682-5545 Fax: (956) 544-1884	https://gonzalez.house.gov/address_authentication?form=/contact/email	255 S. Kansas Ave Weslaco, TX 78596
	Sylvia Garcia	Financial Services|Ethics	DC: 202-225-1688 In state: Houston: (832) 325-3150	https://sylviagarcia.house.gov/zip_authentication?form=/contact/email-me	11811 East Freeway, Suite 430 Houston, TX 77029
	Lance Gooden	Armed Services|Judiciary	DC: 202-225-3484 In state: (903) 502-5300 Fax: (903) 502-5303	https://gooden.house.gov/email-me	201 W Nash St., #103 Terrell, TX 75160
	Tony Gonzales (V)	Appropriations|Homeland Security	DC: 202-225-4511 In state: Fort Stockton: (432) 299-6200 Uvalde: (830) 333-7410 San Antonio: (210) 806-9920 Socorro: (915) 990-1500 Del Rio: (830) 308-6200 Fax: (202) 225-2237 (210) 927-4903	https://gonzales.house.gov/contact	1501 Main Street San Elizario, TX 79849
	Craig Goldman	Energy and Commerce	DC: 202-225-5071 In state: (817) 806-9474	https://craiggoldman.house.gov/address_authentication?form=/contact/email-me	306 West Seventh Street Suite 1145 Fort Worth, TX 76102
	Brandon Gill	Budget|Oversight and Government Reform|Judiciary	DC: 202-225-7772 In state: (972) 966-5454	https://gill.house.gov/address_authentication?form=/contact/email-me	600 Parker Square, Suite 205 Flower Mound, TX 75028
	Wesley Hunt (V)	Natural Resources|Judiciary	DC: 202-225-5646 In state: Houston: (832) 357-0555 Tomball: (346) 246-7355	https://hunt.house.gov/address_authentication?form=/contact	5599 San Felipe St Suite 950 Houston, TX 77056

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
	Ronny Jackson (V)	Agriculture|Armed Services|Foreign Affairs|Intelligence	DC: 202-225-3706 In state: Amarillo: (806) 641-5600 Wichita Falls: (940) 285-8000 Denton Satellite: (940) 334-2030 Fax: (202) 225-3486	https://jackson.house.gov/contact/	620 South Taylor St. Suite 200 Amarillo, TX 79101
	Julie Johnson	Foreign Affairs|House Administration|Homeland Security|Joint Committee of Congress on the Library	DC: 202-225-2231 In state: (972) 972-7949 Fax: (771) 200-5933	https://juliejohnson.house.gov/address_authentication?form=/contact/email-me	100 N Central Expy Suite 602 Richardson, TX 75080
	Morgan Luttrell (V)	Armed Services|Homeland Security|Veterans' Affairs	DC: 202-225-4901 In state: (281) 305-7890	https://luttrell.house.gov/address_authentication?form=/contact	18230 FM 1488 Suite 308 Magnolia, TX 77354
	Michael McCaul	Foreign Affairs|Homeland Security	DC: 202-225-2401 In state: Austin: (512) 770-8929 College Station: (979) 431-6480 Fax: (202) 225-5955 (512) 473-0514 (979) 431-5180	https://mccaul.house.gov/address_authentication?form=/contact/email-me	11614 FM2244 Suite 160 Austin, TX 78738
	Nathaniel Moran	Ethics|Ways and Means|Select Comm on the Strategic Competition US and China	DC: 202-225-3035 In state: Tyler: (903) 561-6349 Texarkana: (903) 561-6349 Longview: (903) 561-6349 Marshall: (903) 561-6349	https://moran.house.gov/contact/	101 E Methvin Suite 302 Longview, TX 75601
	Troy Nehls (V)	Judiciary|Transportation and Infrastructure	DC: 202-225-5951 In state: (346) 762-6600	https://nehls.house.gov/address_authentication?form=/contact	6510 FM 359 S Suite 200 Fulshear, TX 77441
	Chip Roy	Budget|Judiciary|Rules	DC: 202-225-4236 In state: Austin: (512) 871-5959 Kerrville: (830) 896-0154 San Antonio: (210) 821-5024 Fax: (771) 200-5819	https://roy.house.gov/address_authentication?form=/contact/email-me	16414 San Pedro Ave Suite 817 San Antonio, TX 78232
	Pete Sessions	Financial Services|Oversight and Government Reform	DC: 202-225-6105 In state: Waco: (254) 633-4500 Huntsville: (936) 755-7770 Nacogdoches: (936) 585-7959 Lufkin: (936) 219-6450 Round Rock: (202) 340-9033	https://sessions.house.gov/send-me-an-email	3034 Raguet St Nacogdoches, TX 75965-2852
	Keith Self (V)	Foreign Affairs|Science, Space, and Technology|Veterans' Affairs	DC: 202-225-4201 In state: Collin County: (972) 202-4150 Hunt County: (903) 458-7037	https://keithself.house.gov/address_authentication?form=/contact	4500 W. Eldorado Pkwy, Suite 3500 Mckinney, TX 75070
	Marc Veasey	Energy and Commerce	DC: 202-225-9897 In state: Dallas: (214) 741-1387 Fort Worth: (817) 920-9086 Fax: (202) 225-9702, (214) 741-2026, (817) 920-9324	https://veasey.house.gov/address_authentication?form=/contact/email-me	1881 Sylvan Ave, Ste. 108 Dallas, TX 75208
	Beth Van Duyne	Small Business|Ways and Means	DC: 202-225-6605 In state: Dallas: (972) 966-5500 Tarrant: (972) 966-5500 Fax: (771) 200-5833	https://vanduyne.house.gov/e-mail-me	1100 Bear Creek Parkway Keller, TX 76248
	Randy Weber Sr.	Energy and Commerce|Science, Space, and Technology	DC: 202-225-2831 In state: Beaumont: (409) 835-0108 Lake Jackson: (979) 285-0231 League City: (281) 316-0231 Fax: (202) 225-0271, (409) 835-0578, (979) 285-0271, (281) 316-0271	https://weber.house.gov/contact/	174 Calder Drive, Suite 600 League City, TX 77573
	Roger Williams	Financial Services|Small Business	DC: 202-225-9896 In state: Both offices: (682) 218-5965 Fax: (771) 200-5067 (771) 200-5668	https://williams.house.gov/address_authentication?form=/contact/email-me	1000 Ballpark Way Suite 310 Arlington, TX 76011
Utah	Mike Kennedy	Natural Resources|Transportation and Infrastructure|Science, Space, and Technology	DC: 202-225-7751 In state: (801) 607-3238	https://mikekennedy.house.gov/address_authentication?form=/contact/email-me	3549 N University Ave, Suite 275 Provo, UT 84604
	Blake Moore	Budget|Ways and Means	DC: 202-225-0453 In state: Ogden: (801) 625-0107 Fax: (202) 225-5857 (385) 405-2155	https://blakemoore.house.gov/contact/email-blake?clear	324 25th Street Ogden, UT 84401
	Celeste Maloy	Appropriations|Natural Resources	DC: 202-225-9730 In state: Bountiful: (801) 364-5550 St. George: (435) 703-7720 Richfield: (435) 691-9746 Delta: (435) 691-9786	https://maloy.house.gov/contact/email-me.htm	111 East Tabernacle St. George, UT 84770
	Burgess Owens	Education and Workforce|Transportation and Infrastructure	DC: 202-225-3011 In state: West Jordan: 801-999-9801	https://owens.house.gov/contact	9067 S. 1300 W Suite 101 West Jordan, UT 84088

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
Vermont	Becca Balint	Budget|Judiciary	DC: 202-225-4115 In state: Burlington: (888) 293-9874 Brattleboro: (802) 652-2450 Fax: 771-200-5791	https://balint.house.gov/contact/	130 Austine Drive Brattleboro, VT 05301
Virginia	John McGuire (V)	Armed Services|Oversight and Government Reform	DC: 202-225-4711 In state: (434) 791-2596	https://mcguire.house.gov/address_authentication?form=/contact/email-me	20564 Timberlake Rd. Lynchburg, VA 24502
	Don (Donald) Beyer	Ways and Means	DC: 202-225-4376 In state: (703) 658-5403 Fax: (202) 225-0017, (703) 658-5408	https://beyer.house.gov/contact/	700 N Fairfax St. Suite 510 Alexandria, VA 22314
	James Walkinshaw	Oversight and Government Reform	DC: (202) 225-1492 In state: (703) 256-3071	https://walkinshaw.house.gov/contact/email-me	10680 Main Street Suite 140 Fairfax, VA 22030
	Ben Cline	Appropriations|Budget|Intelligence|Judiciary	DC: 202-225-5431 In state: Winchester: (540) 546-0876 Harrisonburg: (540) 432-2391 Staunton: (540) 885-3861 Roanoke: (540) 857-2672 Fax: (540) 857-2675	https://cline.house.gov/contact/	100 N. Loudoun St., Suite 120 Winchester, VA 22601
	Morgan Griffith	House Administration|Energy and Commerce|Rules	DC: 202-225-3861 In state: Abingdon: 276-525-1405 Christiansburg: 540-381-5671 Fax: 202-225-0076, 276-525-1444, 540-381-5675	https://morgangriffith.house.gov/contact/contactform.htm	323 West Main Street Abingdon, VA 24210
	Jen (Jennifer) Kiggans (V)	Armed Services|Natural Resources|Veterans' Affairs	DC: 202-225-4215 In state: Virginia Beach: 757-364-7650 Onley: 757-666-6020 Suffolk: 757-942-6050	https://kiggans.house.gov/contact	130 S. Saratoga Street Suffolk, VA 23434
	Jennifer McClellen	Energy and Commerce	DC: 202-225-6365 In state: Richmond: (804) 486-1840 Brunswick Satellite: (804) 690-5809	https://mcclellan.house.gov/address_authentication?form=/contact/email-me	100 Athletic Field Road Lawrenceville, VA 23868
	Bobby (Robert) Scott (V)	Budget|Education and Workforce	DC: 202-225-8351 In state: Newport: (757) 380-1000 Fax: (202) 225-8354, (757) 928-6694	https://bobbyscott.house.gov/address_authentication?form=/contact	2600 Washington Ave, Suite 1010 Newport News, VA 23607
	Suhas Subramanyam	Oversight and Government Reform|Ethics|Science, Space, and Technology	DC: 202-225-5136 In state: Leesburg: (703) 236-1300	https://subramanyam.house.gov/address_authentication?form=/contact/email-me	210 Wirt Street SW Unit 102 Leesburg , VA 20175
	Eugene Vindman (V)	Agriculture|Armed Services	DC: 202-225-2815 In state: Woodbridge: (703) 987-2180 Fredericksburg: 540-321-6130 Fax: (771) 200-5425, (771) 200-5208	https://vindman.house.gov/address-authentication-form-contact-email-me/	2241D Tacketts Mill Dr. Woodbridge, VA 22192
	Rob (Robert) Wittman	Armed Services|Natural Resources|Select Comm on the Strategic Competition US and China	DC: 202-225-4261 In state: Glen Allen: (804) 401-4120 Yorktown: (757) 527-6270 Fax: (202) 225-4382, (804) 270-4643, (757) 898-2859	https://wittman.house.gov/contact/	4201 Dominion Blvd Suite 110 Glen Allen, VA 23060
Virgin Islands	Stacey Plaskett	Budget|Intelligence|Ways and Means	202-225-1790	https://plaskett.house.gov/forms/writeyourrep/	60 King Street Frederiksted, VI 00840
Washington	Adam Smith	Armed Services	DC: 202-225-8901 In state: Kent: (425) 793-5180	https://adamsmith.house.gov/contact/email-me	6811 S. 204th Street Suite 360 Kent, WA 98032
	Michael Baumgartner	Education and Workforce|Foreign Affairs|Judiciary	DC: 202-225-2006 In state: (509) 353-2374	https://baumgartner.house.gov/contact/email-me	528 E. Spokane Falls Blvd #115 Spokane, WA 99202
	Suzan DelBene	Ways and Means	DC: 202-225-6311 In state: Bellevue: (425) 485-0085 Fax: (425) 485-0083	https://delbene.house.gov/contact/	520 112th Ave NE, Suite 400-C Bellevue, WA 98004
	Marie Gluesenkamp Perez	Appropriations	DC: 202-225-3536 In state: Vancouver: (360) 695-6292 Kelso: no number	https://gluesenkampperez.house.gov/contact	1053 Officers Row Vancouver, WA 98661
	Pramila Jayapal	Budget|Foreign Affairs|Judiciary	DC: 202-225-3106 In state: Seattle: 206-674-0040 Fax: 202-225-6197, 771-200-5813	https://jayapal.house.gov/contact/email/	2033 6th Ave., Suite 1011 Seattle, WA 98121
	Rick Larsen	Transportation and Infrastructure	DC: 202-225-2605 In state: Everett: (425) 252-3188 Bellingham: (360) 733-4500 Fax: (202) 225-4420, (833) 696-6499	https://larsen.house.gov/contact/	2930 Wetmore Avenue, Suite 9F Everett, WA 98201
	Dan Newhouse	Agriculture|Appropriations|Select Comm on the Strategic Competition US and China	DC: 202-225-5816 In state: Yakima: (509) 452-3243 Tri-Cities: (509) 713-7374 North: (509) 433-7760 Fax: (202) 225-3251 (509) 452-3438	https://newhouse.house.gov/address_authentication?form=/contact	3100 George Washington Way #130 Richland, WA 99354

State If you click a state, there's a link to a spreadsheet with only that state's information	House Rep	Committee	Phone Number(s) and Fax (use faxzero.com to send 5 free faxes/day)	Email link (use their state office address to get through)	Address to use to send a letter...or use when you're filling out the zip code and address at the email link to contact about a committee topic concern
	Emily Randall	Oversight and Government Reform|Natural Resources	DC: 202-225-5916 In state: Tacoma: (253) 272-3515 Bremerton: (360) 373-9725	https://randall.house.gov/address_authentication?form=/contact/email-me	345 6th St. Suite 500 Bremerton, WA 98337
	Marilyn Strickland	Armed Services|Transportation and Infrastructure	DC: 202-225-9740 In state: Both offices: (360) 459-8514 Fax: (360) 459-8581	https://strickland.house.gov/contact/	6000 Main Street SW Suite 3B Lakewood, WA 98499
	Kim Schrier	Energy and Commerce	DC: 202-225-7761 In state: Wenatchee: (509) 850-5340 Issaquah: (425) 657-1001	https://schrier.house.gov/contact/email-me	301 Yakima Street Suite 329 Wenatchee, WA 98801
West Virginia	Carol Miller	Ways and Means	DC: 202-225-3452 In state: Charleston: (681) 945-6556 Huntington: (304) 522-2201 Beckley: (304) 250-6177 Fax: (771) 200-5704	https://millerforms.house.gov/contact/	3 Tennessee Avenue Charleston, WV 25302
	Riley Moore	Appropriations	DC: 202-225-2711 In state: Morgantown: (304) 350-6995 Martinsburg: (304) 350-6987 Fax: (771) 200-5938	https://rileymoore.house.gov/contact/email-me	739 Winchester Ave Martinsburg, WV 25401
Wisconsin	Glenn Grothman	Budget|Education and Workforce|Oversight and Government Reform|Judiciary	DC: 202-225-2476 In state: (920) 907-0624 Fax: (202) 225-2356	https://grothman.house.gov/contact/	525 N Peters Ave Suite 700 Fond du Lac, WI 54937
	Scott Fitzgerald (V)	Financial Services|Judiciary	DC: 202-225-5101 In state: (262) 784-1111	https://fitzgerald.house.gov/address_authentication?form=/contact	175 E Wisconsin Ave Suite H Oconomowoc, WI 53066
	Gwen Moore	Ways and Means	DC: 202-225-4572 In state: (414) 297-1140 Fax: (414) 297-1086	https://gwenmoore.house.gov/contact/	250 East Wisconsin Suite 950 Milwaukee, Wisconsin 53202
	Mark Pocan	Appropriations	DC: 202-225-2906 In state: Madison: (608) 258-9800 Fax: (608) 258-0377	https://pocan.house.gov/address_authentication?form=/contact/contact-my-team	10 East Doty Street Suite 405 Madison, WI 53703
	Bryan Steil	Financial Services|House Administration|Joint Committee of Congress on the Library	202-225-3031 In state: Beloit: (608) 752-4050 Milwaukee County: (414) 285-2120 Racine: (262) 637-0510 Janesville: (608) 752-4050 Bristol: (262) 654-1901	https://steil.house.gov/address_authentication?form=/contact/email-me	3400 E Howard Avenue St Francis, WI 53235
	Tom (Thomas) Tiffany	Natural Resources|Judiciary	DC: 202-225-3365 In state: (715) 298-9344	https://tiffany.house.gov/address_authentication?form=/contact/email-me	2620 Stewart Avenue Suite 312 Wausau, WI 54401
	Derrick Van Orden (V)	Agriculture|Armed Services|Veterans' Affairs	DC: 202-225-5506 In state: La Crosse: (608) 782-2558 Eau Claire: (715) 831-9214	https://vanorden.house.gov/address_authentication?form=/contact	210 7th St S Suite 204 La Crosse, WI 54601
	Tony Wied	Agriculture|Transportation and Infrastructure|Small Business	DC: 202-225-5665 In state: (920) 301-4500	https://wied.house.gov/address_authentication?form=/contact/email-me	1702 Scheuring Road Suite B De Pere, WI 54115
Wyoming	Harriet Hageman	Natural Resources|Judiciary	202-225-2311 In state: Cheyenne: (307) 772-2595 Casper: (307) 261-6595	https://hageman.house.gov/contact	100 E B Street, Suite 4003 Casper, WY 82601

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	Associated Press	info@ap.org	212-621-1500	200 Liberty Street, New York, NY 10281					
	NBC News	tips@nbcuni.com	844-NBC-DC44	30 Rockefeller Plaza, Building 620, New York, NY 10112	https://www.facebook.com/NBCNews/				
	CBS News	Public Eye with Bryant Gumbel: publiceye@cbs.com Investigate Tips: investigates@cbsnews.com General Feedback: support.cbsnews@cbsinteractive.com	Newsline: 800-242-6397	WLNY-TV 524 W. 57th Street New York, NY 10019	https://www.facebook.com/CBSNews/				
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	CNN	cnn@cnn.com	Customer Service: 833-967-7829	190 Marietta St. NW Atlanta, GA 30303	https://www.facebook.com/cnn/				
	C-Span	Various ways to email/connect on social media platforms: https://www.c-span.org/about/contactus/	Main Office: (202) 737-3220	400 N Capitol St. NW Suite 55 Washington DC 20001	https://www.facebook.com/CSPAN				
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	New York Times	booking@nytimes.com	Customer Service: 1 (800) 698-4637	620 Eighth Avenue, New York, NY 10018	https://www.facebook.com/nytimes/				
	Wall Street Journal	wsjcontact@wsj.com listed as a way to contact about errors...but probably just use for anything	1-800-JOURNAL	1211 Avenue of the Americas, New York, NY 10036	https://www.facebook.com/WSJ/				
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Alaska	**KTBY (FOX 4)** 907-561-1313 ktby@novonordisk.com	**KTPP-LD (One Ministries)** Nothing found for contact	**KTUU (NBC 2)** 888-907-6397 news@ktuu.com	**KTVA (CBS 11)** General Inquiries: 907-222-4826 news@ktuu.com	**KUAC (PBS)** 907-474-1891 PO Box 755620 Fairbanks, Alaska 99225				

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Arkansas	**KARK 4 News** Main: 501-340-4444 News Tips: 501-340-4481 news4@kark.com 1401 West Capitol Avenue, Suite 104 Little Rock, AR 72201	**KATV 7 ABC** Tips: 501-324-7760 Director: 501-324-7807 newsroom@katv.com 10 Turtle Creek Lane Little Rock, AR 72202	**KFSM-TV** Text photos/videos: 479-785-5000 news@kfsm.com 5101 S. 48th St. in Johnson, Arkansas	**THV11** News: 501-244-4564 Tipline: 501-376-NEWS news@thv11.com KTHV Television 720 Izard Street Little Rock, AR 72201	**KLRT Fox 16** Main: 501-340-4444 Tips: 501-340-4488 news@fox16.com 1401 West Capitol Avenue, Suite 104 Little Rock, AR 72201				
California	**KNTV** Main: 408-432-6221 Tips: 888-996-8477 tips@nbcuni.com 300 New Jersey Ave, N.W., San Jose, CA	**KCAL** (818) 655-2000 kcalnews@cbs.com CBS Studio City Broadcast Center 4200 Radford Avenue Studio City, CA 91604	**KGO (ABC7 News)** Tips: 415-954-7777 or 877-222-7777 Scroll down to submit news (words, photos, video): abc7news.com ABC7 BROADCAST CENTER. 900 Front Street. San Francisco, CA 94111	**KTTV FOX 11** 310-584-2369 Story ideas: fox11news@fox.com KTTV FOX 11/Fox 11 Plus 1999 South Bundy Drive, Los Angeles, CA 90025	**KTVU** Newsroom: 510-874-0242 Tipline: 510-874-0222 Tip/Story: newstips@fox.com 2 Jack London Square, Oakland, CA 94607				
Colorado	**KUSA (NBC 9)** Tipline: 303-871-1491 Tips: newstips@9news.com Photos/Videos: yourtake@9news.com 9NEWS 500 E Speer Blvd Denver, CO 80203-4187	**KCNC (CBS 4)** Main: 303-861-4444 kcncnews@cbs.com Share photos/video: https://www.cbsnews.com/colorado/youreportform/ Tips: Contact form CBS News Colorado 1044 Lincoln Street Denver, CO 80203	**KMGH (ABC 7, Denver7)** Tipline call/text: 720-462-7777 newstips@denver7.com 2323 Delgany Street Denver, Colorado 80216	**KDVR (FOX 31)** Tip line: 303-566-7575 tips@kdvr.com Website form: https://kdvr.com/contact/send-news-tips-story-ideas/ Colorado's CW2 KWGN-TV 100 East Speer Blvd. Denver, Colorado 80203	**KOAA (NBC 5)** 719-630-3930 News@koaa.com Online form 6385 Corporate Dr. Suite 200, Office #8. Colorado Springs, CO 80919	**KRDO (ABC 13)** Newsroom: 719-575-6285 Comments/Feedback: comments@krdo.com Tips: 13investigates@krdo.com 399 S 8th Street, Colorado Springs, CO 80905	**KJCT (ABC 8)** Tips/Story: (970) 243-1111 newsroom@kjct8.com 2531 Blichmann Avenue, Grand Junction, CO 81505	**KKCO (NBC 11)** (970) 243-1111 (same as KJCT?) news@kkco11news.com 2531 Blichmann Avenue, Grand Junction, CO 81505 (same as KJCT)	**KFQX (FOX 4)** 970.242.5000 PO Box 789 Grand Junction, CO 81502
Connecticut	**NBC (WVIT)** 860-313-6300 Email is an online form: https://www.nbcconnecticut.com/send-feedback/ 1422 New Britain Avenue, West Hartford, CT 06110	**WTNH News 8 (ABC)** 203-784-8888 Tips/Stories: reportit@wtnh.com General/Feedback: publicwtnh@wtnh.com WTNH / WCTX 8 Elm St. New Haven, CT 06510	**Fox 61 (WTIC)** 860-727-0082 Text photo/video: 860-527-6161 share61@fox61.com 285 Broad Street Hartford, CT 06115						

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Delaware	**WBOC TV** (410) 749-1111 Tips/Stories form: https://www.wboc.com/news/report-it/ wboc@wboc.com 1729 N. Salisbury Blvd. Salisbury, MD 21801	**WPVI TV 6 (abc)** (215) 878-9700 Tipline: 1-866-639-7749 Online form Tips Photos/Videos: https://6abc.com/action-news-tips-tipline-breaking-share-with-6abc/8639097/ 6abc WPVI-TV/DT 4100 City Avenue Philadelphia, PA 19131							
Florida	**WFLA-TV (Tampa)** Newsroom: (813) 221-5788 Tipline: 1-800-348-WFLA Submit Online Tips/Photos/Videos: https://www.wfla.com/submit-news-tips-and-story-ideas/ P.O. Box 1410 Tampa, FL 33601	**WKMG (Orlando)** 407-521-1323 Tips: newstips@wkmg.com WKMG-TV News 6 4466 N. John Young Parkway Orlando, FL 32804	**WPLG/Local 10 (Miami)** 954-364-2500 newsdesk@wplg.com Local 10 3401 West Hallandale Beach Boulevard Pembroke Park, FL 33023	**News4Jax (Jacksonville)** 904-393-9844 newstips@news4jax.com WJXT-Channel 4, WCWJ-Channel 17 4 Broadcast Place Jacksonville, FL 32207	**WINK-TV (Fort Myers)** Newsroom/Tips: (239) 344-5000 Online Contact form: https://www.winknews.com/contact/ 2824 Palm Beach Blvd. Fort Myers, Fla. 33916				
Georgia	**WSB-TV 2 Atlanta (ABC)** Newsroom: 404-897-6276 newstip@wsbtv.com 1601 West Peachtree St. NE Atlanta, GA 30309	**WXIA-TV 11Alive (NBC)** Text: (404) 885-7600 Call: (404) 873-9101 Contact form: form.typeform.com WXIA-TV / 11Alive One Monroe Place NE Atlanta, Georgia 30324	**WAGA-TV (FOX)** (404) 898-0100 newstipsatlanta@fox.com PO Box 15369 Atlanta, GA 30333	**WUPA/Atlanta69 (The CW)** 404.325.6969 Email link not working 2700 Northeast Expressway, Building A, Atlanta, GA, 30345					
Hawaii	**KHON2-TV** News Tips: (808) 591-4278 news@khon2.com 88 Piikoi Street, Honolulu, HI 96814	**KITV (ABC)** (808) 535-0440 news@kitv.com 801 South King Street | Honolulu, Hawaii | 96813	**KGMB/Hawaii News Now (CBS)** Tips: (808) 847-1112 News@HawaiiNewsNow.com 420 Waiakamilo Road Suite #205 Honolulu, Hawaii 96817						
Idaho	**KTVB (NBC)** 208-375-7277 Emailhttps://www.ktvb.com/contact-us KTVB Studios 5407 West Fairview Avenue Boise, Idaho 83706	**KBOI (CBS)** 208.472.2207 news@kboi2.com KBOI-TV 140 N. 16th Street Boise, ID 83702	**KIVI (ABC)** 208-381-6660 newstips@kivitv.com KIVI /KSAW 1866 E. Chisholm Dr. Nampa, ID 83687						
Illinois	**WLS-TV (ABC 7)** (312) 750-7777 Breaking News Hotline: (312) 750-7070 Email links not working on their website for me WLS-TV 190 North State Street Chicago, Illinois 60601	**WBBM-TV (CBS 2)** 312-899-2200 cbschicagotips@cbs.com https://www.cbsnews.com/chicago/cbs-2-tips/ CBS News Chicago 22 West Washington Street Chicago, Illinois 60602	**WMAQ-TV (NBC 5)** 312-836-5555 https://www.nbcchicago.com/send-feedback/ 454 N. Columbus Dr. Chicago, IL 60611	**WFLD (FOX 32)** (312) 565-5533 WFLDAssignmentDesk@fox.com 205 N. Michigan Avenue Chicago, IL 60601					

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Indiana	**WTHR (NBC)** 317-636-1313 Online form: https://www.wthr.com/contact-us WTHR 1000 N. Meridian St. Indianapolis, IN 46204	**WRTV (ABC)** News Tips: 317-269-1440 wrtvnews@scripps.com Online Contact form add pictures: https://www.wrtv.com/about/contact-us	**WISH (CW)** 317-248-6397 newsdesk@WISHTV.com 1950 N. Meridian St., Indianapolis, IN 46202	**WXIN (FOX)** (312) 565-5533 WFLDAssignmentDesk@fox.com 205 N. Michigan Avenue Chicago, IL 60601					
Iowa	**KCCI (CBS 8)** (515) 247-8888 Email link on website not working KCCI 888 9th St. Des Moines, Iowa 50309	**WHO 13 (NBC)** 515-282-1313 Online form: https://who13.com/contact-us/send-us-your-story-idea/ WHO 13 1801 Grand Ave. Des Moines, IA 50309	**WOI (ABC)** 515-457-1026 news@weareiowa.com WOI-DT Local 5 & KCWI 23-HD 3903 Westown Parkway West Des Moines, Iowa 50266	**KCRG (ABC)** (319) 365-9999 newsroom@kcrg.com KCRG-TV9 501 Second Ave. SE Cedar Rapids, IA 52401	**KDSM (Fox 17)** 515.287.1717 promotions-kdsm17@sbgtv.com KDSM FOX 17 4023 Fleur Drive Des Moines, IA 50321				
Kansas	**KCTV (CBS)** 913-677-7211 newsdesk@kctv5.com 4500 Shawnee Mission Parkway Fairway, KS 66205 (913) 677-7211	**KSHB-TV (NBC) 41** 816-932-4141 newsdesk@kshb.com 4720 Oak Street Kansas City, MO 64112	**KWCH-TV (CBS) 12** (316) 838-1212 news@kwch.com KWCH 12 2815 E. 37th Street North Wichita, KS 67219	**KSN (NBC) Connect 3 Now** (316) 292-1111 news@ksn.com Submit photos/videos: connect3news@ksn.com KSNW-TV 833 N Main St Wichita, KS 67203	**WDAF, FOX4** 816-932-9201 news@fox4kc.com FOX4 News 3030 Summit Kansas City, Missouri 64108				
Kentucky	**WAVE 3** 502-585-2201 wave-newsdesk@gray.tv 725 S. Floyd Street Louisville, KY 40203	WDRB 502-585-0811 Links to email found: https://www.wdrb.com/site/contact.html WDRB Media 624 W. Muhammad Ali Blvd. Louisville, Ky. 40203	**WLKY** (502) 893-7300 newstips@wlky.com WLKY 1918 Mellwood Ave. Louisville, KY 40206-1035	**WHAS-TV** 502-582-7711 Contact form: https://form.typeform.com/to/oyBP78aW?typeform-medium=embed-snippet&typeform-source=www.whas11.com WHAS-TV 520 West Chestnut Street Louisville, KY 40202	**KET** Feedback: (800) 926-7765 General Questions: (800) 926-7765 feedback@ket.org help@ket.org KET 600 Cooper Drive Lexington, KY 40502				
Louisiana	**WWL-TV (CBS)** (504) 529-6298 Email form: https://www.wwltv.com/contact-us WWL-TV 1024 North Rampart Street New Orleans, LA 70116	**WDSU (NBC) 6** (504) 679-0607 newstips@wdsu.com WDSU News Channel 6 846 Howard Avenue New Orleans, LA 70113	**WGNO (ABC) 26** (504)-619-6363 news@wgno.com WGNO & WNOL 1 Galleria Blvd, Ste 850 Metairie, LA 70001	**WAFB (CBS) 9** 225-215-4801 news@wafb.com WAFB 9 News 844 Government St. Baton Rouge, LA 708002	**WGMB (FOX) 44** 225-768-9109 news@louisianafirstnews.com 10,000 Perkins Road Baton Rouge, LA 70810				
Maine	**WABI-TV (CBS) 5** 207-947-8321 wabi@wabi.tv Online form: https://www.wabi.tv/page/submit-a-story/ 35 Hildreth Street Bangor, ME 04401	**WAGM 8/WWPI 16 (CBS)** 207.764.4461 News@wagmtv.com 12 Brewer Rd. Presque Isle, ME 04769	**WFVX-LP (FOX 22) ABC7** (207) 945-6457 Ex 3122 tv7news@wvii.com FOX Bangor/ABC 7 371 Target Industrial Circle Bangor, ME 04401	WCSH (NBC)	WGME (CBS)	WLBZ (NBC)	WFVX-LP (FOX)	WCBB (PBS)	

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Maryland	**WBAL-TV 11 (NBC)** 800-677-WBAL news@wbaltv.com WBAL-TV 11 3800 Hooper Ave. Baltimore, MD 21211	**WJZ-TV (CBS)** 410-578-7568 newsroom@wjz.com	**WBFF (FOX) 45** 410.467.5595 news@foxbaltimore.com WBFF FOX45 2000 W 41st Street Baltimore, MD 21211	**WMAR-TV (ABC)** 410-372-2590 newsroom@wmar.com WMAR-2 News 6400 York Road Baltimore , MD 21212					
Massachusetts	**WBZ-TV (CBS)** 617-787-7018 newstips@wbztv.com WBZ-TV, CBS Boston 1170 Soldiers Field Road Boston, MA 02134	**WCVB-TV (ABC) 5** Main: 781-449-0400 newsroom@wcvb.com 5 TV Place Needham, Massachusetts 02494	**WHDH 7 News** Call/Photos: 1-800-280-TIPS newstips@whdh.com Story Suggestions/Photos: senditto7@whdh.com	**WFXT (FOX) 25** (781) 467-1369 Online form: https://www.boston25news.com/wfxt/submit-a-news-tip/ WFXT-TV Boston 25 25 Fox Drive Dedham, MA 02026-2563	NBC10 Boston				
Michigan	**WXYZ (ABC) 7** Breaking News: 248-827-9407 Breaking News: news@wxyz.com Online Form: https://www.wxyz.com/about-us/contact-us WXYZ Channel 7 20777 W. Ten Mile Rd. Southfield, Michigan 48075	**WDIV (NBC) 4** 313-222-0500 news@wdiv.com WDIV-TV 550 W. Lafayette Detroit, MI, 48226	**WJBK (FOX) 2** (248) 557-2000 fox2newsdesk@foxtv.com P.O. Box 2000 16550 West Nine Mile Road Southfield, MI 48037-2000	**WWMT (CBS) 3** 269.388.9339 desk@wwmt.com 590 West Maple St. Kalamazoo, MI 49008	WOOD (NBC)				
Minnesota	**KSTP (ABC) 5** 612-588-6397 Online Tip form: https://kstp.com/contact-5-eyewitness-news/submit-a-news-tip/ Submit Photos/Video: https://kstp.com/contact-5-eyewitness-news/submit-photos-and-videos/ 5 EYEWITNESS NEWS/KSTP-TV 3415 University Ave. St. Paul, MN 55114-2099	**WCCO (CBS)** (612) 330-2502 WCCO-TV 90 S. 11th Street Minneapolis, MN 55403	KARE 11 (NBC) Main: (763) 546-1111 Online form: https://form.typeform.com/to/DHPkWCvA?typeform-medium=embed-snippet&typeform-source=www.kare11.com KARE 11 8811 Olson Memorial Hwy. Minneapolis, MN 55427	**KMSP (FOX 9)** 952-944-9999 fox9news@fox.com 11358 Viking Drive Eden Prairie, MN 55344-7258					
Mississippi	**WLBT 3** (601) 960-4426 Online form: https://www.wlbt.com/about-us/contact-us/ WLBT Gray Television 715 South Jefferson Street Jackson, MS 39201	**WJTV 12** 601-969-4590 Email Newsroom link on their page doesn't work for me 1820 TV Rd. Jackson, MS 39204	**WAPT 16** 601-922-1652 news@wapt.com 16 WAPT 7616 Channel 16 Way Jackson, MS 39209	**WTVA** 662-842-7620 news@wtva.com WTVA P.O. Box 320 Tupelo, MS 38802	**WTOK ABC 11** (601)693-6397 wtok@wtok.com 815 23rd Ave Meridian, Ms. 39301				

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Missouri	**KSDK (NBC) 5** Main: 314-421-5055 Investigative team: 314-444-5231 Online form: https://form.typeform.com/to/ogFXNMwL?typeform-medium=embed-snippet&typeform-source=www.ksdk.com 5 On Your Side 1000 Market Street St. Louis, MO 63101	**KMOV (CBS) 4** 314-444-6333 tips@firstalert4.com desk@firstalert4.com 77 Progress Parkway Maryland Heights, MO 63043	**KMBC-TV (ABC) 9** (816) 221-9999 news@KMBC.com 6455 Winchester Ave. Kansas City, MO 64133	**KTVI (FOX) 2** 314-213-7831 Online form: https://fox2now.com/contact/ FOX 2 / KPLR 11 2250 Ball Drive St. Louis, Missouri 63146	Add more later				
Montana	**KTVQ (CBS)** 406-252-5611 Email link not working on site 3203 3rd Avenue North, Billings, MT 59101	**KTVH (NBC)** 406-457-2700 ktvhnews@scripps.com Online form: https://www.ktvh.com/about-us#google_vignette	**KTMF (FOX/ABC)** 406-721-NEWS ktmf.news@cowlesmontana.com 2200 Stephens Avenue, Missoula, MT 59801	**KRTV 3** 406-791-5475 krtvnews@krtv.com KRTV – Great Falls P.O. Box 2989 Great Falls, Montana, 59403	KBZK	KXLF			
Nebraska	**KETV (ABC) 7** 402-345-7777 news@ketv.com 1001 S. 10th Street Omaha, NE 68108-3209	**KMTV (CBS) 3 News Now** 402-593-2700 news@3NewsNow.com 10714 Mockingbird Drive Omaha, NE 68127	**WOWT (NBC)** 402-233-7900 Email link not working 3555 Farnam Street, Omaha NE 68131	**KLKN (ABC)** 402-436-2252 8@klkntv.com	KOLN (CBS)	KSNB (NBC)			
Nevada	**KLAS-TV (8 News Now)** (702) 792-8870 KLASweb@8newsnow.com 3228 Channel 8 Drive Las Vegas, Nevada 89109	**KSNV-TV (News 3)** 702.657.3150 News@News3Lv.com KSNV-TV NBC 1500 Foremaster Lane Las Vegas, NV 89101	**KTNV-TV (13 Action News)** 702-871-3345 desk@ktnv.com 3355 S. Valley View Blvd. Las Vegas, NV 89102						
New Hampshire	**WMUR-TV 9 ABC** Main: (603) 669-9999 News related pictures/videos: newspics@wmur.com breakingnews@wmur.com WMUR-TV Broadcast Center 100 South Commercial Street Manchester, NH 03101								
New Jersey	**News 12 New Jersey** (732) 346-3333 news12nj@news12.com 450 Raritan Center Parkway Edison, NJ 08837	**NJ PBS** 609-777-0031 NJPBSProgramming@mynjpbs.org NJ PBS Attn: Viewer Services PO Box 5776 Englewood, NJ 07631	**WWOR-TV (MY9NJ)** viewer.services@foxtv.com 43 Meadowlands Pkwy, Secaucus, NJ 07094						

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
New Mexico	**KRQE (CBS/FOX)** (505) 243-2285 newsdesk@krqe.com Email photos/videos: REPORTIT@KRQE.COM 13 Broadcast Pl SW Albuquerque, NM 87104	**KOAT (ABC)** (505) 884-6324 koatdesk@hearst.com KOAT-TV 3801 Carlisle Blvd. NE Albuquerque, N.M., 87107	**KOB (NBC)** 1-844-562-4639 Online form: https://www.kob.com/contact/#:~:text=or%20call%20505%2D243%2D4411.						
New York	**WABC-TV, abc 7** 1.877.847.6397 https://abc7ny.com/7onyoursideinvestigates/	**WNBC 4 New York** 212-664-4444 https://www.nbcnewyork.com/send-feedback 30 Rockefeller Plaza, New York, NY 10112	**WCBS-TV** 800-242-6397 desk@cbs2ny.com Online form: https://www.cbsnews.com/newyork/contact-us/ WCBS-TV 524 W. 57th Street New York, NY 10019	**WNYW Fox 5 New York** viewer.services@fox.com					
North Carolina	**WRAL (NBC)** (919) 821-8600 Online form: https://www.wral.com/wral-tv/aboutus/page/4519353/ 2619 Western Boulevard, Raleigh, N.C. 27606	**WTVD (ABC11)** (919) 683-1111 Online form "Report a News Tip": https://abc11.com/contact-abc11-wtvd-eyewitness-news/26170/ 411 Liberty Street Durham, NC 27701	**WCNC (NBC)** 704-329-3600 desk@wcnc.com WCNC Charlotte 1001 Wood Ridge Center Drive Charlotte, NC 28217	**WBTV 3 (CBS)** 704-374-3691 assignmentdesk@wbtv.com WBTV Television 1 Julian Price Place Charlotte, NC 28208					
North Dakota	**KXJB-TV (CBS) Valley News** (701) 237-5211 1350 21st Avenue South Fargo, ND 58103	**KFYR-TV (NBC/Fox)** News FAX: (701) 255-8244 newsinquiries@kfyrtv.com 200 N. 4th Street, Bismarck, ND 58501	**KXMC-TV (CBS)** (701) 852-2104 2121 2nd Street SE Minot, ND 58701	**KVRR (FOX)** Main: (701) 277-1515 webadmin@kvrr.com Online form: https://www.kvrr.com/about-us/contact-us/					
Ohio	**NBC4 WCMH-TV** 614-263-5555 NBC4 WCMH-TV 3165 Olentangy River Road Columbus, Ohio 43202	**FOX 8 WJW-TV** (216)432-4240 Contact Newsroom link on this webpage, but it's not working for me: https://fox8.com/contact-us-2/	**WLWT Channel 5** Breaking News: (513) 412-5055 Main: (513) 412-5000						
Oklahoma	KFOR-TV (NBC) (405)-478-6395 Online form: https://kfor.com/contact/contact-kfor-tv-below1/ KFOR-TV & KAUT 444 E. Britton Rd. Oklahoma City, OK 73114	**KOCO-TV (ABC) 5** (405) 478-3000 newstips@koco.com KOCO-TV 1300 East Britton Road Oklahoma City, OK 73131	**KWTV-DT (CBS)/News 9** 405-843-6641 Online form: https://www.news9.com/contact 100 West Main, Ste 100 Oklahoma City, OK 73102	**KOKH-TV (FOX 25)** 405-475-9100 news@okcfox.com FOX 25 1228 E. Wilshire Blvd. Oklahoma City, OK 73111					
Oregon	**KATU (ABC)** 503.231.4264 newstips@katu.com 2153 NE Sandy Boulevard Portland, Oregon, 97232	**KGW (NBC)** 503-226-5000 Online Email form: https://form.typeform.com/to/uHVFdzxH?typeform-medium=embed-snippet KGW 1501 SW Jefferson Street Portland, OR 97201	**KOIN (CBS)** 503.464.0600 news@koin.com 222 SW Columbia St. Suite #102 Portland, OR 97201	**KPTV (FOX)** 503-906-1249 kptvnews@kptv.com FOX 12 Oregon: KPTV/KPDX, 14975 NW Greenbrier Parkway, Beaverton, OR 97006-5731					

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Pennsylvania	**WPVI (6abc Action News)** 1-866-639-7749 Online form: https://6abc.com/action-news-tips-tipline-breaking-share-with-6abc/8639097/ 6abc WPVI-TV/DT 4100 City Avenue Philadelphia, PA 19131	**WPMT (FOX43)** (717) 843-0043 Online "Email Us": https://www.fox43.com/contact-us WPMT-TV 2005 S. Queen St. York, PA 17403	WBRE (28News) (570) 823-2828 Send email button to click: http://www.pittstonchamber.info/list/member/wbre-tv-389 62 South Franklin Street Wilkes-Barre PA 18701						
Rhode Island	**WJAR-TV (NBC 10)** 401.455.9105 news@wjar.com	**WPRI-TV (CBS 12)** (401) 228-1799 desk@wpri.com	**WLNE-TV (ABC 6)** (401) 453-8000 News@abc6.com ABC6 10 Orms Street Providence, RI 02904	**WNAC-TV (FOX)** (401) 228-1700 foxprovidence.com 25 Catamore Boulevard East Providence, RI 02879					
South Carolina	**WIS (NBC)** 803-758-1261 counton@wistv.com WIS 1111 Bull St. Columbia, SC 29201	**WCSC (CBS) Live 5** 843-402-5755 wcscdesk@live5news.com WCSC Television 2126 Charlie Hall Blvd. Charleston, SC 29414	**WCBD (NBC) Count on News2** (843) 884-2222 News@wcbd.com Online Form: https://www.counton2.com/contact-us/ WCBD – TV 210 West Coleman Blvd Mount Pleasant, South Carolina 29464	**WACH (FOX 57)** 803.252.6397 news@wach.com 1400 Pickens Street, Suite 600 Columbia, SC 29201	**WBTW (CBS) News 13** 843.294.8348 News@WBTW.com WBTW News13 101 McDonald Court Myrtle Beach, South Carolina 29588				
South Dakota	**KELO-TV (CBS)** (605) 336-1100 Breaking News: 1.800.888.5356 501 South Phillips Avenue • Sioux Falls, SD 57104	**KDLT-TV (NBC)** Newsroom Phone: 605-373-7361 News Tips: 605-336-9999 Dakota News Now KSFY(ABC) / KDLT(NBC) / FOX Sioux Falls 325 S. 1st Avenue Suite 100 Sioux Falls, SD 57104	**SDPB (PBS)** Main: 605-677-5861 news@sdpb.org SDPB, PO Box 5000, Vermillion, SD 57069						
Tennessee	**WTVF (NewsChannel5, CBS)** Main: 615-244-5000 newsroom@newschannel5.com NewsChannel 5 474 James Robertson Pkwy Nashville, TN 37219	**WKRN (News 2, ABC)** 615-369-7236 Email link not working on their website News 2, WKRN-TV 441 Murfreesboro Pike Nashville, TN 37210	**WSMV (News4, NBC)** (615) 353-2231 tips@wsmv.com WSMV-TV 5700 Knob Road Nashville, TN 37209	**WMC (Action News 5, NBC)** (901) 726-0416 desk@wmctv.com Action News 5, 1960 Union Ave., Memphis, TN 38104	WRBC (Channel 3, NBC) Main: 423-267-5412 Online form: https://www.local3news.com/forms/press_releases/ Local 3 News 900 Whitehall Road Chattanooga, TN 37405				
Texas	**KTVT (CBS 11)** Main: (817) 451-1111 5233 Bridge St, Fort Worth, TX 76103	**KEYE (CBS)** 512.490.2199 news@cbsaustin.com 10700 Metric Blvd. Austin, TX 78758	KENS (CBS) (210) 366-2002 "Email Us" form down page a bit: https://www.kens5.com/contact-us						

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State	News Agency	Email/Contact Form	Phone Number	Address	Facebook	Other1	Other2	Other3	Other4
Utah	**KSL-TV** Breaking news or assignment desk: 801-575-5555 Story idea/tip: 1-877-KSL-TIPS news@ksl.com 55 North 300 West, Salt Lake City, UT 84101	**KTVX (ABC4)** (801) 975-4444 -- Tip: 801-975-4402 news@abc4.com Tip line: https://www.abc4.com/tipline/ 2175 W 1700th S, Salt Lake City, UT 84104	**KSTU/FOX 13** Main station number: 801-532-1300 Tips/Story ideas: news@fox13now.com 5020 West Amelia Earhart Drive Salt Lake City, UT 84116	**KCSG** 1-833-367-6388 Contact form: https://heroesandiconstv.com/kcsg/ 158 W 1600 S Ste 200, Saint George, Utah 84770	**KJZZ-TV** 801.839.1234 Media Inquiries: mediainquiries@sbgtv.com 299 S. Main Street, Ste 150 Salt Lake City, UT 84111	KBYU-TV	KPNZ	KUTV 2 CBS	
Vermont	**WCAX (CBS) 3** 802-652-6397 news@wcax.com WCAX-TV 30 Joy Drive South Burlington, VT 05403	**WPTZ (NBC) 5** Main: 802-655-5455 newstips@mynbc5.com NBC5 Broadcast Center 530 Community Drive Suite 55 South Burlington, VT 05403	**WVNY (ABC) Local 22 AND WFFF (FOX) 44** 802-859-1344 news@mychamplainvalley.com 298 Mountain View Dr. Colchester, VT 05446						
Virginia	**WWBT (NBC 12)** Main: 804-230-1212 WWBT Television 5710 Midlothian Turnpike Richmond, VA 23225	**WTVR (CBS 6)** 804-254-3684 Online form: https://www.wtvr.com/contact/ 3301 West Broad Street Richmond, VA 23230	**WRIC (ABC 8)** (804) 330-8000 news@wric.com 301 Arboretum Place, Richmond, VA 23236-3464						
Washington	**KOMO 4 (ABC)** Tipline: 877.397.5666 Newsroom: 206.404.4145 tips@komonews.com KOMO News/KUNS Suite 370 140 4th Ave. N. Seattle, WA 98109	**KING 5 (NBC)** 206-448-3850 Email form: https://form.typeform.com/to/KLKrNxRi?typeform-medium=embed-snippet KING 5 Television 1501 1st Ave. South Suite 300 Seattle, WA 98134	**KIRO 7 (CBS)** Main: (206) 728-7777 Online form: https://www.kiro7.com/station/about-us/submit-a-news-tip/ KIRO 7 News 2807 Third Avenue Seattle, WA 98121	**KCPQ 13 (FOX)** 206-674-1305 FOX13Tips@FOX.com FOX 13 & FOX 13+ (KCPQ-TV & KZJO-TV) 1813 Westlake Ave. N. Seattle, WA 98109					
West Virginia	**WCHS-TV (ABC 8) Eyewitness News (FOX 11)** 304.345.4115 news@wchstv.com 1301 Piedmont Rd. Charleston, WV 25301	**WOWK-TV (CBS 13)** (304) 720-6550 news@wowktv.com P.O. Box 75119 Charleston, WV 25375	**WBOY-TV (NBC)** (304) 326-6758 news@wboy.com 904 West Pike Street Clarksburg, WV 26301	**WDTV (CBS 5)** 304-848-5000 news@wdtv.com WDTV 5 Television Drive Bridgeport, WV 26330					
Wisconsin	**WISN (ABC) 12** 414-937-1212 wisntvnews@hearst.com WISN-TV 759 N. 19th St. Milwaukee, WI 53233	**WISC (CBS) Where Your Story Lives** Online form: https://wiscnews.com/forms/contact/submit_a_news_tip/ 1901 Fish Hatchery Rd Madison, WI 53713	**WKOW (27 ABC)** 608-273-2727 news@wkow.com WKOW 27 5727 Tokay Blvd. Madison, WI 53719						
Wyoming	**KGWN (CBS/CW)** 307-634-7755 2923 E. Lincolnway Cheyenne, Wyoming 82001	**KCWY (NBC/CW)** Tip: 472-NEWS (6397) News Department: Jeremy.Downing@kgwn.tv 141 Progress Circle, Mills, WY 82644 P.O. Box 1540	**KLWY (FOX)** News Room: 307-472-1850 Main: 307-635-7881 caspernews@frontrangetelevision.com 2220 Dell Range Blvd Cheyenne, WY 82009						

Name	Position	Phone	Address for letters	Email	
Donald Trump	President	202-456-1111 Mar-A-Lago: 561-832-2600	The White House Office of the President 1600 Pennsylvania Avenue, N.W. Washington, DC 20500	https://www.whitehouse.gov/contact/	**Supreme Court** **https://www.supremecourt.gov/contact/contact_pio.aspx** **202-479-3000** **Supreme Court of the United States** **1 First Street, NE** **Washington, DC 20543**
JD Vance	Vice President	202-224-2424	The White House Office of the Vice President 1600 Pennsylvania Avenue, N.W. Washington, DC 20500	**Blank spaces means I had a hard time finding the information**	White House Switchboard: 202-456-1414
Lee Zeldin	Administrator of the Environmental Protection Agency	(202) 564-4700	Environmental Protection Agency 1200 Pennsylvania Avenue, N.W. Washington, DC 20460	Zeldin.Lee@epa.gov	RNC: https://gop.com/contact-us/ 202-863-8500
Kelly Loeffler	Administrator of the Small Business Administration			sba.administrator@sba.gov	DNC: https://democrats.org/contact-us/
Pam Bondi	Attorney General	202-353-1555	U.S. Department of Justice 950 Pennsylvania Avenue, NW Washington, DC 20530-0001	https://www.justice.gov/doj/webform/your-message-department-justice	How Project 2025 is being implemented: https://redwine.blue/project2025/ Heritage Foundation (architects of Project 2025) 800-546-2843 214 Massachusetts Ave. Washington DC 20002
John Ratcliffe	Director of the Central Intelligence Agency			https://john-ratcliffe.com/contact/	
Tulsi Gabbard	Director of National Intelligence				
Russ Vought	Director of the Office of Management and Budget				
Brooke Rollins	Secretary of Agriculture				
Howard Lutnick	Secretary of Commerce				
Pete Hegseth	Secretary of Defense		Website to find on social media: https://www.defense.gov/About/Secretary-of-Defense/		
Linda McMahon	Secretary of Education		U.S. Department of Education 400 Maryland Avenue, SW Washington, D.C. 20202		
Chris Wright	Secretary of Energy	202-586-5000	U.S. Department of Energy 1000 Independence Ave., SW Washington, DC 20585 ^^ Note it may take up to 3 weeks to process	The.Secretary@hq.doe.gov	
Robert F. Kennedy Jr.	Secretary of Health and Human Services	202-690-6392 General HHS maybe for him: 202-690-7000 Headquarters for HHS, not RFK Jr. 1-877-696-6775	Headquarters for HHS, not direct to RFK Jr. 200 Independence Avenue, S.W. Washington, D.C. 20201		
Kristi Noem	Secretary of Homeland Security	DHS Comment line: 202-282-8495	The Honorable Kristi Noem Secretary of Homeland Security Washington, DC 20528 ^ I know it says "the honorable" that's what it's *supposed to say, even if you don't agree		
Scott Turner	Secretary of Housing and Urban Development	(800) 955-2232	Headquarters: U.S. Department of Housing and Urban Development 451 7th Street S.W., Washington, DC 20410	This is where invites are suposed to be send to... SecretaryInvites@hud.gov	
Doug Burgum	Secretary of the Interior				
Lori Chavez-DeRemer	Secretary of Labor		Headquarters: Department of Labor 200 Constitution Ave NW Washington, DC 20210		
Marco Rubio	Secretary of State			Contact form for US Department of State: https://register.state.gov/contactus/contactusform	

Name	Position	Phone	Address for letters	Email	
Doug Collins	Secretary of Veterans Affairs	Headquarters: 1-800-698-2411	U.S. Department of Veterans Affairs 810 Vermont Ave., NW Washington, DC 20420		
Sean Duffy	Secretary of Transportation				
Scott Bessent	Secretary of the Treasury	General Information: (202) 622-2000	Department of Treasury 1500 Pennsylvania Avenue, NW Washington, D.C. 20220		
Jamieson Greer	United States Trade Representative				

By Rich Logis

Reaching Out

A brief how-to guide on talking to family and friends in MAGA

https://leavingmaga.org/

We believe most MAGA followers are good and decent people who have been led astray and lost their way. We have learned through our work that even intelligent, educated people can be manipulated and exploited. When this happens, it often leaves family and friends sputtering in frustration. Soon, brothers and sisters aren't talking to each other, parents aren't talking to their children, etc.

We have heard from many people in that situation who want to reopen the lines of communication, to start a dialogue in the hopes not only of effecting a reconciliation but of helping their loved one or friend recognize that Donald Trump and the MAGA movement are doing the opposite of making America great again.

That's where our Reaching Out guide comes in, with practical tips on how to navigate the fraught process of trying to help your loved ones leave the movement. The list below of "dos and don'ts" is an indispensable tool for this work.

Remember, how we interact is key; acknowledging another's beliefs does not mean concurrence or acceptance. The purpose isn't to polemicize; it's to dialogue.

For example, you'll get nowhere if you refer to MAGA as a cult, even if you believe it fits the definition of the word. People will shut down.

Do:

Search for relatability — personally, and perhaps politically. Seek common ground. If you're able to have a long-enough conversation with someone in MAGA, you will find there is some agreement on important issues.

Try to understand why they believe what they do. Ask what their values and beliefs were prior to Trump. If the person in MAGA cites inaccurate information, ask: Where did you hear that? Wait for the answer, and be courteous.

Open up a respectful back-and-forth by asking something such as: "I understand some of the reasons why you want another Trump presidency. Do you understand some of the reasons why others didn't want another Trump presidency?"

Ask permission to introduce the possibility of reconciliation. Ask them to think about their lives and their relationships before Trump and MAGA. After you feel you've made some progress (this will likely take

a lot more than a single conversation), ask for their consent to introduce the work and stories of Leaving MAGA.

Don't:

Lean heavily on biography, credentials or expertise.

Attack, question the other person's intelligence or impugn their integrity.

Criticize other MAGA Americans; critiques will be taken personally.

Debate facts and policy.

Try to change the other person's mind or bait them into an argument.

Here's my video that discusses this further.

For those who want to do a deeper dive into this topic, here are some other terrific resources: Smart Politics and Zach Elwood's Defusing American Anger and How Contempt Destroys Democracy.

You can make a tax-deductible gift to Leaving MAGA here.

Bipartisan & Cross-Perspective Quotes for the Citizens' Guide

Quote	Author & Context	Why It Matters
The most common way people give up their power is by thinking they don't have any.	Alice Walker	Encourages citizens to recognize and use their voice in a democracy.
A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's accepted by a majority.	Booker T. Washington	Counters the idea that popularity justifies falsehood or injustice.
The price of freedom is eternal vigilance.	Commonly attributed to Thomas Jefferson	Reinforces the need for citizens to actively monitor and hold leaders accountable.
When the people fear the government, there is tyranny. When the government fears the people, there is liberty.	Commonly attributed to Thomas Jefferson (Democratic-Republican, 3rd U.S. President) (origin debated)	Speaks to the balance of power between the governed and those in power.
You are entitled to your opinion. But you are not entitled to your own facts.	Daniel Patrick Moynihan — U.S. Senator (Democrat)	Highlights the danger of misinformation and the importance of shared truth in civic discourse.
A people that values its privileges above its principles soon loses both.	Dwight D. Eisenhower — 34th U.S. President (Republican)	Warns against trading democratic principles for short-term political gain.
Justice cannot be for one side alone, but must be for both.	Eleanor Roosevelt — Former First Lady & UN Human Rights Advocate	Calls for fairness in lawmaking and enforcement, regardless of political or social affiliation.
The only thing we have to fear is fear itself.	Franklin D. Roosevelt — 32nd U.S. President (Democrat)	Connects to resisting fear-based policymaking and encouraging rational, informed decisions.
The life of the nation is secure only while the nation is honest, truthful, and virtuous.	Frederick Douglass	Connects national stability to ethical governance and truthfulness.

Bipartisan & Cross-Perspective Quotes for the Citizens' Guide

Quote	Author & Context	Why It Matters
Liberty means responsibility. That is why most men dread it.	George Bernard Shaw	Freedom requires civic engagement and accountability, not just rights without duties.
The truth will set you free, but first it will make you miserable.	James A. Garfield — 20th U.S. President (Republican)	Reminds readers that learning the full impact of current policies may be uncomfortable, but awareness is the first step toward change.
A popular government without popular information is but a prologue to a farce or tragedy.	James Madison (Democratic-Republican, 4th U.S. President)	Stresses the link between informed citizens and a functioning democracy.
Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passions, they cannot alter the state of facts and evidence.	John Adams — 2nd U.S. President (Federalist)	Underscores that truth isn't partisan — facts remain facts, no matter who holds power.
Without debate, without criticism, no administration and no country can succeed—and no republic can survive.	John F. Kennedy (Democrat, 35th U.S. President)	Makes the case for dissent and scrutiny as essential to good governance.
We can have democracy in this country, or we can have great wealth concentrated in the hands of a few, but we can't have both.	Louis Brandeis (U.S. Supreme Court Justice)	Reminds readers that economic inequality can undermine democracy.
It is easier to fool people than to convince them that they have been fooled.	Mark Twain	Highlights why misinformation is powerful and persistent, relevant to transparency-focused EOs.
We must learn to live together as brothers or perish together as fools.	Martin Luther King Jr.	Relevant to countering polarization and building common ground despite differences.
The price of apathy towards public affairs is to be ruled by evil men.	Plato	Warns that political disengagement enables harmful leadership.

Bipartisan & Cross-Perspective Quotes for the Citizens' Guide

Quote	Author & Context	Why It Matters
Government's first duty is to protect the people, not run their lives.	Ronald Reagan — 40th U.S. President (Republican)	Reminds that government overreach and underreach are both risks — relevant for discussions of unchecked executive power.
The liberties of our country, the freedoms of our civil Constitution, are worth defending against all hazards.	Samuel Adams	Affirms the value of defending democratic principles from any threat.
In politics, what begins in fear usually ends in folly.	Samuel Taylor Coleridge	Reminds that policymaking driven by fear often results in harmful or shortsighted laws.
When the people fear the government, there is tyranny. When the government fears the people, there is liberty.	Thomas Jefferson (Democratic-Republican, 3rd U.S. President)	A bipartisan rallying cry for holding leaders accountable to the will of the people.
We do not have government by the majority. We have government by the majority who participate.	Thomas Jefferson (Democratic-Republican, 3rd U.S. President)	Emphasizes voter and civic participation as key to legitimate governance.
Those who expect to reap the blessings of freedom must undergo the fatigue of supporting it.	Thomas Paine (Revolutionary writer and patriot)	Freedom is not passive; it demands ongoing citizen effort.
Eternal vigilance is the price of liberty.	Wendell Phillips (Abolitionist, Republican ally)	Warns that democratic freedoms require constant protection and oversight.
Reality is that which, when you stop believing in it, doesn't go away.	Philip K. Dick	A bit more philosophical, but apt for showing that political spin doesn't erase consequences.

How to Cite This Guide

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Version: December 30, 2025 (EOs 14147–14371)

Corrections: Please email citizensguide.project@proton.me. Verified corrections will be logged on an updates page.

APA citation:

Montana Citizens' Guide Research Project. (2025, December 30). Citizens' guide to the 2025 executive orders: Resource companion.

Short citation (in text or footnotes): Citizens' Guide Resource Companion, 2025.

Helpful Resources (Nonpartisan)

- **The American Presidency Project.**
  Executive orders: Commentary, opinions, and analysis.
  https://www.presidency.ucsb.edu/analyses/launching-100-days-2025
  Authoritative archive and analysis of executive actions across administrations.

- **American Civil Liberties Union (ACLU).**
  What is an executive order and how does it work?
  https://www.aclu.org/news/privacy-technology/what-is-an-executive-order-and-how-does-it-work
  Plain-language explanation of executive authority, limits, and constitutional context.

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